

we
reimagined
what a
smartphone
can be



hello**moto**

When was the last time you walked into a wireless store and saw something new? Your Moto Z transforms into an entirely different device every time you snap on a Moto Mod.™ motomods.com

different is better

Lenovo™



Get
more
out your
door.

SUNSETS

BEACH
DAYS

QUIET
TIME

RETAIL
THERAPY

DATE NIGHTS

SPLASH

GOOD EATS

VITALITY

CHEERS

MOVIE
NIGHT

▶ ESTATE BUNGALOWS ▶ CONDOMINIUMS ▶ ACTIVE LIVING ▶ CHOICE RENTALS

URBAN LIVING IN A SUBURBAN COMMUNITY – a new master planned community with housing for every stage of life.

Discover how much more there is to life at Westman Village, where convenience, comfort and accessibility are woven into a walkable community in a premier lakeside setting. Get a sense of how our suburban village concept brings people together and closer to what matters the most.

View our show suites at the PRESENTATION CENTRE:

1955 Mahogany Boulevard SE, Calgary
Mon-Thurs: 2pm-8pm | Friday closed | Sat & Sun: noon-5pm
Phone: 587-350-0237

View our show suites at the DISCOVERY CENTRE:

3132 118 Ave SE, Calgary (in the Jayman BUILT Centre)
Mon-Thurs: 2pm-8pm | Friday closed | Sat & Sun: noon-5pm
Phone: 403-723-8411



CHOICE RENTALS

CALLIGRAPHY

CONDOMINIUMS



ADULT LIVING

REFLECTION

ESTATE BUNGALOWS



Get more details and register at WESTMANVILLAGE.com



Calgary metro

FROM RUSSIA WITH ... LOVE? Putin calls Trump to talk politics metroNEWS

Your essential daily news | TUESDAY NOVEMBER 15, 2016 High 3°C/Low -3°C Snow

RHYTHM OF RECOVERY

Beating drums part of beating addiction metroNEWS

Oliver Baril, Jarrett Landry, Bulldog, Michael G. and Kerry Martens brought their drums to the 20th annual Wellness Walk in Calgary, part of National Addictions Awareness Week. ELIZABETH CAMERON FOR METRO

Councillor's sass gets a pass

INTEGRITY INVESTIGATION
No rebuke for scolding chief

Helen Pike
 Metro | Calgary

Publicly slamming the police chief on his response after a viral video? It's a matter of free speech. Over the summer, four councillors tasked Calgary's integrity commissioner to investigate a statement made by Coun. Diane Colley-Urquhart. This after a viral video of officers using "excessive force" made the rounds in July, prompting an investigation. The video was uploaded to Instagram on a Friday. Police released a statement several days later to explain, but Colley-Urquhart wasn't happy with the chief's "72-hour" response time. According to the commissioner's letter, Colley-Urquhart said: "It's obvious to me the chief didn't respond because he didn't want to respond and because he felt that way he didn't direct his second in command to do it." "There were a few of us that felt making the kind of comment she did in public was possibly undermining the chief," said Coun. Jim Stevenson. The commissioner's report didn't find the statements to be worthy of reprimand. "Law-enforcement officials normally avoid making any public statements until all the facts are known," wrote Allen Sulatycky. "Likewise, prudent elected officials do not comment on a matter while it is under investigation or in litigation." He noted, however, that her statement was in line with her rights to speak freely, because she prefaced it in saying, "It's obvious to me."

'TIS THE SEASON TO BE GEEKY

GET ALL YOUR GEEK GIFTS AT THE CALGARY EXPO HOLIDAY MARKET
 NOVEMBER 19-20 • BMO CENTRE • ExpoHolidayMarket.com



icebreaker®
MERINO

WILD AWAKE

FALL WINTER 16

SPORTING life
SPORTINGLIFE.CA

SOUTHCENTRE

NOW OPEN. 100 ANDERSON ROAD SE, CALGARY, T2J 3V1 TEL: 403-313-4477

Many locations lack corner stores, free parking: Report

COUNCIL
But city has more than enough food services

 **Helen Pike**
 Metro | Calgary

Looking for a pack of smokes, soda and a bag of chips?

According to a City of Calgary report, finding a nearby corner store is tough, but we're tripping over other food businesses, like restaurants. Oh, and Calgarians are predominantly driving to shop and looking for parking.

On Tuesday, council will get a taste for the City of Calgary's retail and commercial business landscape. A report coming before the city's priorities and finance committee details current conditions in retail, and future needs to help the city better plan for main streets and other retail centres going forward.

The report, which was asked for in 2012, and finally conducted in 2014 after flood-related delays, shows the city is well served by retail — but has an abundance of restaurant and eatery businesses, while establishments like corner stores are lacking.

Further, it shows the city's



Calgary's corner stores are few and far between, but Coun. Ward Sutherland thinks that's because of old design standards. ELIZABETH CAMERON/FOR METRO

not meeting shopping demand in the west and southeast ends of town. On average, Calgarians travel four kilometres by car to get their retail fix, but for people in the underserved areas, the study found shoppers travel more than 10 kilometres.

Coun. Ward Sutherland, vice-chairman of the priorities and finance committee, said that's a reflection of the

city's old design practices.

"Tuscany, in my area, has 20,000 people, but all they've got is this tiny little strip mall," said Sutherland. "They have a Sobeys there, a Starbucks, but that's tiny."

He compared it to Cochrane's populous and the retail resources there. He said it forces the community members to drive up to Royal Oak for restaurants. But the solu-

tion isn't so simple for Sutherland, building more retail in mature areas means building up, or finding parcels of land that aren't already designated as parks.

Sutherland said for him, the report's takeaway is the importance of parking when it comes to a successful business — especially highlighted in the report is "free parking."

"We can't be so restrictive,

we're causing problems," said Sutherland. "We have to look at parking completely different. Who are we to tell a business, no, you can't have parking."

Strategies outlined in the review include a focus on helping developers simplify builds in already developed areas, and a focus on supporting mom and pop shops in neighbourhoods — including a review of development fees.

RECYCLING BACKUP
Work together, city says

 **Josie Lukey**
 For Metro | Calgary

Recycling businesses need to work together with clients and processors in order to relieve the backup of plastic materials, according to the city.

Metro previously reported local recycling businesses were frustrated about a new bylaw requiring all businesses to start a recycling program that led to a backup of plastic materials because of a small market.

According to Leanne Michie, a Waste Diversion Specialist for the City of Calgary, the market for plastic recyclables has remained consistent over the past few years, which might explain the frustration some processors feel.

"We always encourage either a business or a recycling collection company to shop around and find a collection company or recycling processor that works best for your type of material that they either generate as a business or they collect as a collection company," Michie said.

As of Nov. 1 all businesses were required to implement a recycling program that needed to include collecting and storing recyclables separately from waste and ensure all recyclables are taken to a recycling facility.

The fine for businesses that don't comply is \$250, but according to Michie, the city is leading an "education first" strategy that works with businesses.



WIN A TRIP TO LAS VEGAS!
 \$100 CASH DRAWS
 4:30 P.M. - 10:00 P.M.

ADRENALIN SLASH
 4:30 P.M. - 10:00 P.M.
 \$24.99 PER PERSON + TAX

GREY EAGLE
 RESORT & CASINO

2017 NYE
Night

WWW.GREYEAGLERESORTANDCASINO.CA

LIVE MUSIC AT 9 P.M.

RECEIVE A BONUS NYE PRIZE BALLOT
 FOR YOU & EVERY MEMBER OF YOUR DINING PARTY WHEN YOU DINE AT OUR BUFFET BETWEEN 4:30 P.M. & 8:00 P.M.

PRIME RIB & SEAFOOD DINNER BUFFET
 \$39.99 PER PERSON + TAX | (4:30 P.M. - 10:00 P.M.)
 NO RESERVATIONS ACCEPTED

LATE NIGHT SPECIAL PRIME RIB & SEAFOOD DINNER BUFFET
 \$24.99 PER PERSON + TAX | (10:00 P.M. - 12:30 A.M.)
 NO RESERVATIONS ACCEPTED

ACCUSATION

Family defends dead woman's husband

Siblings of a senior found dead in her home last month say a hideous illness, and not her husband of 56 years, is to blame.

Audrey van Zuiden, 80, was found Oct. 4 in the Calgary home she shared with Fred van Zuiden, who is charged with second-degree murder.

Loved ones say the husband has long suffered from demen-

tia, and a psychiatrist told a courtroom last month he agrees that's likely to be the case.

The woman's brother, Victor Brent, and sister, Josephine Tucker, issued a written statement as friends and family held a celebration of life for her in Calgary on Monday.

The siblings, who live in the United Kingdom, say they are naturally saddened by their sister's death.

"However, we fully appreciate that this was wholly a consequence of a hideous illness."

They added that the van Zuidens enjoyed a long, fruitful and happy marriage and were a devoted and inseparable couple.

THE CANADIAN PRESS



This was wholly a consequence of a hideous illness.

Written statement from woman's brother and sister

FOREST LAWN

Murder charges laid in fatal shooting

A Calgary family is mourning the loss of young man shot and killed in southeast Calgary late last week, and now three people are facing murder charges in connection.

Abiem Kuol Abiem, 23, was shot and killed in a Forest Lawn home on the morning of Nov. 11.

Police confirmed the victim's identity Monday.

Witnesses saw several men fleeing the home where the shooting occurred.

Three men were arrested after a standoff with police lasting several hours in the northeast Calgary community

THE ACCUSED

- Mateo Nyok Okich, 21
- Benjamin Ed-Ajak Nyiker, 23
- Akieg Bol, 20

of Taradale.

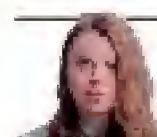
Mateo Nyok Okich, 21, Benjamin Ed-Ajak Nyiker, 23, and Akieg Bol, 20, have each been charged with first-degree murder and one count of kidnapping, in connection with Abiem's death.

The men charged are all from Calgary. METRO

Building fix forcing councillors to move

MUNICIPAL BUILDING

Engineers still zeroing in on best approach to repairs



Helen Pike
Metro | Calgary

We've got truss issues, but fixing the Municipal Building is a shore thing, as two engineering firms have honed in on the temporary shoring measure that will help move displaced employees back to their respective offices.

But that's not the permanent solution, and according to the city's facilities management director Thomas Hansen, engineers are still narrowing down the best approach for a fix.

"It's a complex issue," Hansen said. "The shoring will provide the required support for the truss assembly ... we haven't finalized the complete repair and replacement of the truss."

Because engineers haven't zeroed in on the method they need to fix the faulty truss, there's no current cost estimate for this project.

In September, the city temporarily shuttered the northeast corner of Calgary's Municipal Building after staff found that a 30-year-old truss



A corner of the Calgary Municipal Building has been cordoned off after inspectors found a potential problem with the building's trusses. METRO FILE

wasn't up to snuff. According to Hansen, a 22-foot deep, 70,000 pound steel truss wasn't installed correctly and didn't meet "current safety codes."

Although it sat in place since 1983, and showed no signs of failing, the city opted for the safest possible measure and moved more than 300 workers away from the problem area.

While old City Hall is under construction simultaneous-

ly, the Administration was where a number of councillors moved and expected to stay for four years. But now, four of the councillors' offices are among 180 more employees displaced out of an "abundance of caution" because of the faulty truss.

"We love where we just moved to, it was a really functional modern office space," said Coun. Richard Pootmans.

"The only part that isn't ideal is our staff work very closely with other staff in the councillor offices ... I'm afraid we're going to lose a bit of that."

The offices will be moved to the 7th floor of Calgary's Municipal Building.

Hansen said the shoring should be complete by spring 2017, and that's when city staff can go back to their usual desks and offices.

RICK MERCER REPORT

TONIGHT Rick takes flight, paragliding 7000 feet above scenic Revelstoke, B.C.

ALL NEW EPISODE
TONIGHT



8:30 NT

#rickmercerreport



NISSAN 2016 CLEARANCE FINAL DAYS



Innovation
that excites

YOUR LAST CHANCE TO GET INTO A 2016 WITH UP TO

\$14,000[^]

IN CASH REBATE ON SELECT
2016 TITAN XD MODELS

OR GET
FINANCING
FROM

0%[†]
APR

FOR
UP TO

84

MONTHS
ON SELECT
MODELS



NOW ALL HONDA, TOYOTA, HYUNDAI, MAZDA AND NISSAN OWNERS
GET EXCLUSIVE ACCESS TO OUR LOYALTY PROGRAM. GET UP TO A **\$2,016 LOYALTY/CONQUEST CASH^{**}**
WHEN FINANCING OR LEASING WITH NCF



1.8 SR model shown⁺

SENTRA[®]

CLEARANCE CASH

UP TO **\$3,750^{*}**

ON 2016 SENTRA S MT

OR GET FINANCING FROM

0%[†] FOR **84**

MONTHS ON
2016 SENTRA SR CVT
MOONROOF PACK



SL AWD Premium
model shown⁺

ROGUE[®]

STANDARD RATE FINANCE CASH

UP TO **\$5,000^{*}**

ON 2016 ROGUE SL PREMIUM

OR GET FINANCING FROM

0%[†] FOR **72**

MONTHS ON
2016 ROGUE SV AWD
MOONROOF & FAMILY
& TECH

JUKE[®]



Juke Nismo
model shown⁺



Platinum Reserve
model shown⁺

TITAN XD[®]

CASH REBATE

UP TO **\$14,000[^]**

ON 2016 TITAN XD DIESEL
PLATINUM RESERVE

OR GET FINANCING FROM

0%[†] FOR **60**

MONTHS ON
2016 PATHFINDER
PLATINUM

PATHFINDER[®]



Platinum
model shown⁺

PLUS LOYALTY/CONQUEST CASH

\$1,000

WITH CASH PURCHASE OR
FINANCING THROUGH NCF

ALREADY DRIVING A NISSAN? OUR LOYALTY PROGRAM HAS GREAT OFFERS!
VISIT CHOOSENISSAN.CA OR YOUR LOCAL RETAILER

STADIUM
NISSAN

2420 Crowchild Trail NW, Calgary, Alberta, T2M 4N5

1-844-757-6690

www.stadiumnissan.com

AMVIC Licensed. Offers available from November 1-30 2016. ^{*}Fully stackable clearance cash discount of \$3,750/\$6,000 will be deducted from the negotiated selling price before taxes and is applicable only to customers purchasing, financing or leasing any new 2016 Sentra S MT (C4L656 AA00)/2016 Juke SL AWD (N5XT16 AA00). [†]Standard rate finance cash discount of \$5,000/\$6,000 will be deducted from the negotiated selling price before taxes and is applicable only to customers financing any 2016 Rogue SL AWD Premium (Y6DG16 BK00)/2016 Pathfinder Platinum 4x4 (5XEG16 AA00) through NCF at standard rates. The cash discounts cannot be combined with lease or finance subvented rates or with any other offer. ^{*}\$14,000 Cash Rebate is applicable on the cash purchase of a 2016 Titan XD Diesel Platinum Reserve (3CPD96 AA00/AA50) which will be deducted from the negotiated selling price before taxes. Cash rebate is not combinable with lease and finance offers. [Representative finance offer based on a new 2016 Sentra SR CVT Moonroof Pack (C4SG16 AA00)/2016 Juke SV FWD (N5RT16 AA00)/2016 Rogue SV AWD Moonroof & Family & Tech (Y6DG16 NV10)/2016 Pathfinder Platinum (5XEG16 AA00). Selling price is \$23,324/\$22,074/\$34,319/\$48,319 financed at 0% APR equals \$4184/\$260 monthly payments of \$278/\$263/\$477/\$805 monthly for an 84/84/72/60 month term. \$0 down payment required. Cost of borrowing is \$0 for a total obligation of \$23,324/\$22,074/\$34,319/\$48,319. Includes \$1,000/\$500/\$500/\$1000 special finance cash. ^{**}Loyalty/Conquest Cash ("Offer") is available only to eligible customers who, in the 90 days preceding the date of lease/finance of an Eligible New Vehicle (defined below), have leased or financed a 2007 or newer Nissan, Honda, Toyota, Mazda or Hyundai brand vehicle (an "Existing Vehicle") within past 90-days. Eligibility for the Offer will be determined by Nissan Canada Inc. ("NCF") in its sole discretion. Proof of current ownership/lease/finance contract will be required. Offer is not transferrable or assignable, except to the current owner's spouse or a co-owner/co-lease of the existing vehicle (either of whom must reside within the same household as the intended recipient of the offer). Individuals who purchased/leased a vehicle under a business name can qualify for the program provided that the new deal is not a fleet deal and that the individual can provide valid documentation that they are the registered primary owner of the business. If the eligible customer elects to lease or finance a new and previously unregistered model year 2016 Nissan brand vehicle (excluding NV, Fleet and daily rentals) (an "Eligible New Vehicle") through Nissan Canada Finance Inc. (collectively "NCF"), then hereinafter will receive a specified amount of NCF Loyalty/Conquest Cash, as follows: (i) 2016 ALTIMA (\$2,016); (ii) 2016 MICRA/VERSA NOTE/SENTRA (\$500); (iii) 2016 JUKE/ROGUE (\$600); (iv) 2016 PATHFINDER (\$800); (v) 2016 TITAN XD (\$1,000); (vi) 2017 TITAN HALF-TON (\$1,000). Loyalty/Conquest Dollars will be applied after taxes. Offer is combinable with other NCF incentives, but is not combinable with the Nissan Loyalty program. Offer valid on vehicles delivered between November 1-30, 2016. ⁺Models shown \$17,524/\$30,854/\$37,409/\$49,319/\$77,021. Selling price for a new 2016 Sentra S MT (C4SG56 AA00)/2016 Juke Nismo AWD (N5ZT16 AE00)/2016 Rogue SL AWD Premium (Y6DG16 BK00)/2016 Pathfinder Platinum 4x4 (5XEG16 AA00)/2016 Titan XD Diesel Platinum Reserve (3CPD96 AA50). Offers include freight and PDE charges (\$1,600/\$1,750/\$1,795/\$1,795) air-conditioning levy (\$100), applicable fees, manufacturer's rebate and dealer participation. License, registration, insurance and applicable taxes are extra. Offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Vehicles and accessories are for illustration purposes only. See your dealer or visit Nissan.ca/Loyalty. See your participating Nissan retailer for complete details. Certain conditions apply. ©2016 Nissan Canada Inc.



Oliver Baril is taking a drumming class as part of his recovery treatment for drug addiction, which he has battled for 23 years. ELIZABETH CAMERON/FOR METRO

Addicts drum up enthusiasm

WELLNESS WALK

Event celebrates path of recovery

Elizabeth Cameron
For Metro | Calgary

Oliver Baril, 41, has been battling a drug addiction for 23 years.

His addiction cost him relationships, landed him in jail, and kept him on the streets of Calgary for several years. But Baril has been attending a 16-week drumming class at the Fresh Start Treatment Centre, as part of his larger recovery plan.

"This isn't my first kick at recovery, but (addiction is) a progressive disease that keeps getting worse," Baril said. "It was looking pretty bleak before, but I have hope. It's a lifetime thing," he continued.

Along with several other men in treatment, Baril marked the start of National Addictions Awareness Week at the 20th

annual Wellness Walk in Calgary with their drums, in order to raise awareness about drug additions and more importantly — the path to recovery.

An estimated 600,000 Canadians participated in similar walks across the country.

Fresh Start is a treatment facility for men with 50 beds for those struggling with addiction, alcoholism, homelessness, or gambling dependencies.

Baril said the drumming class has helped him build healthier relationships.

"It helps us to become a community, addiction is all about (looking out for) yourself, but the drumming gives me a chance to connect with the other guys," Baril said.

"It's nice to work as a team for once, and have a common goal."

He'll be done the class in about a month, and plans on transitioning to secondary housing with the help of Fresh Start.

Fresh Start has been part of the Wellness Walk in Calgary for years, and this year Kerry Martens, who teaches the drum-

ming class, asked if her students could provide a beat to which participants could walk.

Martens said the purpose of the drumming class is to provide those in recovery with skills to work as a team and build community.

"It's very complimentary to the 12-step program our guests go through. They walk into things with a bit more of an open mind, more energy, and a better understanding of recovery and how life works."

Baril said it's important to talk about addictions openly, so that those struggling with addiction can get help and find a solution without being stigmatized.

"People need to realize that people can change. I'm ashamed of the ways I used to act before, but I never had a solution. Now, I have a solution and the more people who are aware of that solution can find help. If they're stigmatized, they're not going to seek help," he said.

"I'm very proud to be an addict in recovery."

WITH FILES FROM JOSIE LUKEY

Thomas Jeffery
MENS WEAR

NOW ON SALE!

20% TO 50% OFF
ON SELECT SUITS, SPORT COATS AND DRESS PANTS.*

WE LOVE OUR CUSTOMERS
EVENT

\$50 OFF

ANY REGULAR PRICED ITEMS*

Thomas Jeffery

SPEND \$250 OR MORE*
ENDS NOVEMBER 26TH

\$100 OFF

ANY REGULAR PRICED ITEMS*

Thomas Jeffery

SPEND \$450 OR MORE*
ENDS NOVEMBER 26TH

Thank You!
FOR THE NOMINATION

2016-17
MEN'S FASHION
AWARDS

THOMASJEFFERY.CA

SCOTIA CENTRE 403.265.2081 SOUTH CENTRE: 403.278.2445 FOLLOW US: f t

*Canada Goose Inc. is excluded from the \$50 or \$100 off voucher offer. *Purchases must be \$250 or more to receive \$50 off any regular priced items excluding Canada Goose Inc. *Purchases must be \$450 or more to receive \$100 off any regular priced items excluding Canada Goose Inc. *20% - 50% Off on select suits, sport coats and dress pants excluding Canada Goose Inc. This offer cannot be combined with any other offer. Some conditions apply. See store for complete details. Visit our website for other exclusive offers at www.thomasjeffery.ca Thomas Jeffery reserves the right to make any cancellation or advertised offer. All rights reserved Thomas Jeffery Mens Wear Inc. © 2016.

PRESENTING SPONSOR

Alberta Health Services | London Life | Canada Life

SENIOR'S LUNCH & FILM SERIES

SENTINEL

The Huron Carole

TOM JACKSON

BEVERLY MARINO

SHANNON GAYE

KIRITIAN ALEXANDROV

Tuesday, December 13, 2016 - 7:30 p.m. (doors open at 6:30 p.m.)
Knox United Church, Calgary

Tickets \$45 plus online service fees, available for purchase at thaseed.ca/huroncarole or call 403.767.2811

All proceeds go to The Mustard Seed. Visit TheSeed.ca

THE MUSTARD SEED



Members of the Jamaican bobsled team pick up a rental van donated to them by Driving Force in Calgary on Monday. The vehicle the team was planning to drive from Calgary to Whistler broke down over the weekend. THE CANADIAN PRESS

Bobsledders given wheels

GOODWILL

Team finds Calgary warm as Jamaica with generosity

The Jamaican bobsled team has a reliable set of wheels to get to its next race.

The team's van broke down on the way to a race at Canada Olympic Park. The athletes were able to make it to the track on time thanks to a Good Samaritan who shuttled them to their destination.

But making it to their next stop in Whistler, B.C., seemed hopeless, because repairs were astronomically expensive and would not have been completed in time, said women's team pilot Jazmine Fenlator-Victorian.

Driving Force, a vehicle rental and leasing company, got wind of the problem and offered the team a rental van and money for gas.

The team is aiming to compete in the 2018 Winter Games in South Korea — exactly 30 years after its underdog appearance at the Calgary Olympics.

The story of the Jamaican bobsledders inspired the Disney movie *Cool Runnings* starring John Candy.

"The Jamaican bobsled team definitely considers Calgary one of its second homes," Fenlator-

Victorian said Monday after picking up the keys to the team's new ride — a 15-seat Ford transit van.

"For Calgary to step up and be a part of that really means a lot to us, because this is where it all started for us."

As a sponsor for the Canadian team, helping out the Jamaican bobsledders in a pinch was a natural move, said Driving Force vice-president Craig Strachan.

"I guess we felt that it was the right thing to do."

Training for the race starts Wednesday, so the bobsledders are on a tight schedule.

The 12-member team was to depart Calgary at 3 a.m. Tuesday in anticipation of bad weather forecast for the mountains.

Calgarians have offered food for the journey and teammates will take turns driving.

From Whistler, the bobsledders will be able to take the van to another race in Park City, Utah, and return it to Calgary before the holidays.

After that, the financial situation is unclear, said Fenlator-Victorian.

"It's very, very difficult for us to find the funding to continue to perform at the highest level of the sport. We do a lot of crowd-funding. We do a lot of appearances, but bobsled is expensive."

"A lot of things are on the bubble, but luckily the second half of the season starts January, so in December we'll have a lot of work to do."

THE CANADIAN PRESS

“For Calgary to step up and be a part of that really means a lot to us, because this is where it all started for us.” Jazmine Fenlator-Victorian

EDUCATION

Province launches healthy-eating pilot

Josie Lukey
For Metro | Calgary

Healthy learners are productive learners is the message the Alberta government wants to send in a new pilot project focused on healthy eating.

The government announced Monday the launch of a new school pilot program in 14 school boards across the province that “co-ordinates training from kindergarten to work so all Albertans have the knowledge and skills they need to succeed in a changing economy,” a statement read.

The selected school boards are required to demonstrate how their program fits in Alberta Nutrition Guidelines for Children and Youth and must include a

\$250K

Amount each school selected for the pilot will receive for the program.

healthy eating education component as part of the pilot.

In total, 10 rural school boards and four urban ones have been asked to choose one K-6 school to participate in the pilot. The boards were chosen based on socio-economic status data from Statistics Canada.

Each of the 14 school boards

will receive a \$250,000 grant in funding for the pilot. The cost of the entire program is funded from Alberta Education's existing budget.

According to the province, results from the pilot will help shape nutrition programs for schools in the province for next year.

Both the Calgary Board of Education and Calgary Catholic Board are taking part in the program.

Get up to 30,000¹ Aeroplan Miles.



Offer ends December 2, 2016.
Don't miss all those miles.

Conditions apply.

Visit tdaeroplan.com/ca or call
1-888-714-4459 to learn more



Banking can be
this comfortable.



¹ Welcome Bonus of 15,000 Aeroplan Miles (“Welcome Bonus Miles”) will be awarded to the Aeroplan Member account associated with the TD Aeroplan Visa Infinite Card Account (“Account”) only after the first Purchase is made on the Account. To receive the additional 10,000 Aeroplan Miles, you must also: (a) apply for an Account between September 3, 2016, and December 2, 2016; and (b) make \$1,000 in Purchases on your Account, including your first Purchase, within 90 days of Account approval. To receive the additional 5,000 Aeroplan Miles you must also: (a) Add an Authorized User between September 3, 2016, and December 2, 2016; (b) Authorized User must call and activate their Card by January 16, 2017, and (c) your Account must be in good standing at the time this 5,000 Bonus Aeroplan Miles is awarded. You can have a maximum of three (3) Authorized Users on your Account but you will only receive 1 (one) 5,000 Bonus Aeroplan Miles offer. Annual Fee for each Authorized User Card added to the Account will apply. The Primary Cardholder is responsible for all charges to the Account, including those made by any Authorized User. If you have opened an Account in the last 6 months, you will not be eligible for these offers. We reserve the right to limit the number of Accounts opened by and the number of miles awarded to any one person. Please allow 8 weeks after the conditions for each offer are fulfilled for the miles to be credited to your Aeroplan Member account. Offers may be changed, withdrawn or extended at any time and cannot be combined with any other offer unless otherwise specified. These miles are not eligible for Aeroplan status. All trade-marks are property of their respective owners. © The Air Canada maple leaf logo and Air Canada are registered trade-marks of Air Canada, used under license. © The Aeroplan logo and Aeroplan are registered trade-marks of Air Canada Inc. © The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

#WomenOnBoards

A four-part special focus

Got it right

The National Arts Centre is one of only four Crown corporations where women outnumber men at the board table.



Adrian Burns, far left, board chairwoman for the National Arts Centre Board of Trustees, with fellow NAC board members. CONTRIBUTED



Ryan Tumilty
Metro | Ottawa

Most Crown corporations fall short of gender parity on their boards — but a select few do have more women than men. A Metro Ottawa analysis found only four of the 42 federal Crown corporations have boards with more women than men.

Those boards are:

- The National Arts Centre,

where five of the nine current board members are women;

- The Federal Bridge Corporation, where five of the seven board members are women;

- The International Development Research Centre, where seven of the 12 board members are women; and,

- The Canadian Museum for Human Rights, where seven of the 10 board members are women.

The NAC's board chair, Adrian Burns, said the balance on their board was not something they



They're very detail-oriented, and so I think we probably have a level of scrutiny that would match any board anywhere, corporate or Crown.

Pilotage authority CEO Fulvio Fracassi

deliberately sought out, but it reflects a strong group of applicants.

"It was merit-based, because they were all on a list of three to four finalists," she said.

"Their contribution is most certainly equal to any other group that could be or has been appointed."

Burns, who also serves on several private boards, said she doesn't notice a large difference with the majority female board, but she says she believes that women do have different approaches than men. "They're very detail-oriented, and so I think we probably have a level of scrutiny that would match any board anywhere, corporate or Crown," she said.

She noted that the NAC is always trying to expand its reach, highlighting the current search for a new artistic director of Indigenous Theatre.

She said that's just one example of where they are trying to better reflect Canada's diversity, and she hopes the federal government considers that when they make their board appointments.

Others who got it right

- Federal Bridge Corporation (5 out of 9 board members are women)

- International Development Research Centre (5 out of 7 board members are women)

- Canadian Museum for Human Rights (7 out of 10 board members are women)

Got it wrong

The Laurentian Pilotage Authority and the Canadian Dairy Commission are the only Crown corporations currently without any women on their boards.

The only thing in the photograph of the Laurentian Pilotage Authority's board that sticks out is the bow tie.

The seven members of the Crown corporation's board are all white — and all men.

A review by Metro Ottawa found the authority, along with the Canadian Dairy Commission, are the only two of the federal government's 42 Crown corporations without any women on their boards.

The authority manages sea traffic in the St. Lawrence River, helping to guide large ships through the river and into harbours.

Pilotage authority CEO Fulvio Fracassi said they're aware there is a problem and they are encouraged by the federal Liberal government's efforts to open up board memberships.

"The Laurentian Pilotage Authority is fully supportive of this initiative and we're collaborating with the minister's office and Transport Canada," he said.

Fracassi said that while the federal cabinet approves the agency's board members, they reach out to industry to find suitable candidates and are encouraging companies to look within their ranks for potential board members.

He said some of the current board members' terms have expired; they hope to have replacements soon.

The government has three other Crown Corporations with similar mandates — the Great Lakes Pilotage Authority, which has seven seats and one woman on its board; the Pacific Pilotage Authority, which has seven seats and three women; and, the Atlantic Pilotage Authority, which has seven seats and three women.

The industry remains male-dominated, Fracassi said. "The industry itself is not very diverse," he said. "If you look at the number of pilots it's primarily composed of men."

The industry itself is not very diverse.

Pilotage authority CEO
Fulvio Fracassi

Others who got it wrong

- Canadian Dairy Commission (Not one of the board members is a woman)

- Great Lakes Pilotage Authority (1 out of 7 board members is a woman)

- Marine Atlantic (1 of 10 board members is a woman)

No one from the Canadian Dairy Commission was available to speak with Metro, despite repeated attempts over several days. RYAN TUMILTY/METRO



Board of the Laurentian Pilotage Authority. CONTRIBUTED

IN BRIEF

PM touts economic stability

Canada has no reason to worry about competing with the U.S. under incoming president Donald Trump when it comes to attracting international money, Prime Minister Justin Trudeau said Monday. Speaking after a meeting with some of the world's wealthiest investor groups, Trudeau said it's just a matter of making sure the world's would-be investors are aware of Canada's potential.

THE CANADIAN PRESS

Refugees, wildfires push food-bank numbers up

An influx of Syrian refugees along with the impact of wildfires and low oil prices in Alberta drove a 1.3 per cent increase in the number of people using food banks in Canada in 2016 compared to the previous year, a new report says.

HungerCount 2016, to be released Tuesday, shows 863,492 individuals relied on a food bank in March, up from 852,137 in March, 2015, with eight out of 10 provinces experiencing a hike and three showing surges of more than 17 per cent. TORSTAR NEWS SERVICE

Drug decriminalization has possible benefits: Report

Alternatives to criminalizing a variety of illicit drugs in Canada could result in lower rates of use and fewer harms such as addiction, overdoses and infectious diseases, says an internal federal study.

The Justice Department research paper stresses there are healthier and less costly ways of addressing the problem of illegal drug use, and that the biggest hurdles might be political — not practical — ones.

THE CANADIAN PRESS



Declan Murphy's nephews outside the houseboat. COURTESY DECLAN MURPHY

Have a boat, Ireland — it's on the house

SPECIAL DELIVERY

Canadian man sends a gift to homeless youth across an ocean

Almost 3,300 kilometres away from where it started its voyage, a Canadian houseboat mysteriously washed up on the shores of Cross Beach in Belmullet, Ireland, early Monday morning.

The Ballyglass Coast Guard secured and pulled the boat out of the water. An onlooker described it as an "unusual vessel."

During its investigation, the coast guard found a message written on the walls:

"I, Rick Small, donate this structure to a homeless youth. To give them a better life than Newfoundlanders choose not to do! No rent. No mortgage. No hydro."

Photographs of the boat, described as a combination of "scraps," have been shared widely, publicized by Irish media outlets. Quite a few people made their way out to the beach to take a look inside the craft.

"[I was] intrigued to see how this man-made vessel from all sorts of leftover materials ... could make such a treacherous journey," Declan Murphy, a U.K. resident who is visiting his parents in Belmullet, said.

After hearing about the inci-



Writing found inside the boat. COURTESY DECLAN MURPHY

dent on local radio, Murphy decided to bring his two nephews down to the beach to see the vessel. Murphy described the craft as made out of car tires and wood planks, and held

together with what appears to be "road tar."

Murphy said that it was easier for his nephews to stand inside the vessel than it was for him as there is only around four feet of clearance between the ceiling and the floor.

"Hopefully there was nobody aboard it when it drifted from Canada," he said. "I definitely wouldn't want to be doing that journey."

Just as mysterious as the vessel's appearance is the whereabouts of the person who appears to have built it.

Rick Small, a native of Thunder Bay, Ont., is known as the man who rode from B.C. to St. John's on a solar-powered bike in 2015. TORSTAR NEWS SERVICE

SPIES

Don't get caught catching 'em all

Canada's spies are guarding against a new threat to operational security: Pokémon.

Canada's electronic spy agency issued guidelines for spooks and employees playing Pokémon Go, a popular augmented reality game for mobile devices based on the hit 1996 Nintendo game.

The game uses a phone's GPS and camera to catch and battle Pokémon in the real world — players collect, train and fight Pokémon at "Pokéstops" and "gyms" attached to locations like churches and restaurants.

But because the game requires location and camera data to play, it poses a risk to people who would rather not be tracked: like employees of the Communications Security Establishment (CSE), Canada's powerful electronic spying agency.

The guidelines were circulated by CSE's American counterpart, the National Security Administration (NSA). They recommend a number of steps to avoid detection while training to be the very best Pokémon master.

"Note that the information (used) by the game in the course of regular play could be used to deduce pattern of life," the unclassified memo reads.

The agency also recommended creating a dummy Google account, using a fake name not associated with your other online activities, like "Professor Oak." Trainer names should likewise avoid using real names or biographical information, such as birthdays.

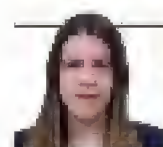
CSE also noted that camera data could be used to deduce location — if you caught a Pokémon in front of a street sign or recognizable landmark, for instance. The agency pointed out, perhaps with a little disappointment, that there were no Poké-stops or gyms at its new multibillion-dollar headquarters in Ottawa. TORSTAR NEWS SERVICE



AFP/GETTY IMAGES

IMMIGRATION

Trump exodus could work to attract talent to Canada



Haley Ritchie
Metro | Ottawa

Could the much-talked-about Trump exodus have Americans requesting northern transfers en masse and help Canada attract talent? The answer is a maybe — it depends if their interest is just nervous curiosity or a real desire to relocate.

Andreas Schotter, a researcher at Western University who stud-

ies labour mobility, said right now there is certainly a lot of talk about American immigrants influencing Canada's job market.

"It's not as easy as many people think," said Schotter. "I don't see this easy transition where we'll open the flood gates and all these Americans will come over."

Schotter said immigration laws in Canada are strict — companies need to demonstrate that they can't fill the position with a Canadian. Successful people

coming from the United States will also face a reality of higher taxes, a weak loonie and a different culture.

In his view, the election results might actually be an opportunity.

"I wish in Canada we would take more advantage of this. At the end of the day, the global employment world is changing. Highly qualified people will always be more mobile. If you make it difficult for them to migrate, you have a problem," he said.

TORONTO

Two injured after plane nearly hits flying object

A drone? A weather balloon? A piece of garbage swept up by the wind?

The pilots of a Porter Airlines flight inbound to Toronto on Monday morning were forced to put their plane into a sudden dive to avoid a midair collision with an unidentified object high over Lake Ontario, causing minor injuries to two flight attendants.

Now investigators with the Transportation Safety Board of Canada admit they have a puzzle on their hands to de-

termine exactly what the pilots had to avoid.

"Nobody knows at this point. It happened so quick," said Peter Rowntree, senior regional investigator with the safety board.

"We've got our work cut out trying to figure out what this unidentified flying object was. What did they encounter?" Rowntree said in an interview.

"It definitely wasn't a bird. It was a fairly large object," he said, describing it as up to three metres wide. TORSTAR NEWS SERVICE

When Putin calls, Trump answers

U.S. POLITICS

Russian leader, president-elect talk terrorism, stronger ties

Russian President Vladimir Putin and President-elect Donald Trump spoke over the phone Monday to discuss future efforts to improve the U.S.-Russian ties, the Kremlin and Trump's office said.

"President-elect Trump noted to President Putin that he is very much looking forward to having a strong and enduring relationship with Russia and the people of Russia," Trump's office said in a statement.

The Kremlin said that Putin congratulated Trump on his victory and expressed Russia's readiness to "establish a partner-like dialogue with the new administration on the basis of equality, mutual respect and



Vladimir Putin called Donald Trump on Monday to "offer his congratulations." LEFT: THE ASSOCIATED PRESS; RIGHT: AP/GETTY IMAGES

non-interference in domestic relations."

Trump's office said that Putin called him to "offer his congratulations on winning a historic election."

"During the call, the two leaders discussed a range of issues including the threats and challenges facing the United States and Russia, strategic economic

issues and the historical U.S.-Russia relationship that dates back over 200 years," it said.

In its readout of the phone call, the Kremlin added that both Putin and Trump agreed that the U.S.-Russian ties are in "extremely unsatisfactory" condition now.

"They spoke for active joint work to normalize ties and en-

gage in constructive co-operation on a broad range of issues," it said, adding that Putin and Trump emphasized the need to develop trade and economic co-operation to give a strong basis to U.S.-Russia relations.

Putin and Trump also agreed on the need to combine efforts in the fight against their No. 1 enemy — "international terrorism and extremism" — and discussed the settlement of the Syrian crisis in that context, according to the Kremlin.

Trump said during the presidential campaign that he wants to be friends with Russia and join forces in the fight against the Islamic State group, yet he outlined few specifics as to how he would go about it. President Barack Obama began his presidency with a goal to "reset" ties with Russia, but they eventually plunged to the lowest point since the Cold War over the conflicts in Ukraine and Syria.

THE ASSOCIATED PRESS



NEW ZEALAND SCARED COWS Three cows stand stranded near Kaikoura, New Zealand, on an island of grass in a paddock that was ripped apart after an earthquake Monday that triggered landslides and a small tsunami. New Zealand planned to send in military helicopters and a navy ship to rescue about 1,000 tourists and hundreds of residents who were stranded in the coastal town of Kaikoura after train and vehicle access was cut off. NEWSHUB/THE ASSOCIATED PRESS

ITALY

McDonald's made a Nutella burger, because of course they did



There's no meat in the Sweetie con Nutella. MCDONALD'S ITALIA

McDonald's Italy has added a new item to its menu: the Nutella burger.

The announcement of the "Sweetie con Nutella" on the restaurant's Italian Facebook page late last week caused an online frenzy.

Before panic could set in, it became clear that the "burger"

is, in fact, meatless.

It consists of only a bun filled with Nutella.

By midday Monday, the Facebook post had been shared more than 90,000 times and received more than 73,000 comments.

The burger will cost two euros and be served at all 540 McDonald's and McCafés in Italy,

according to a press release.

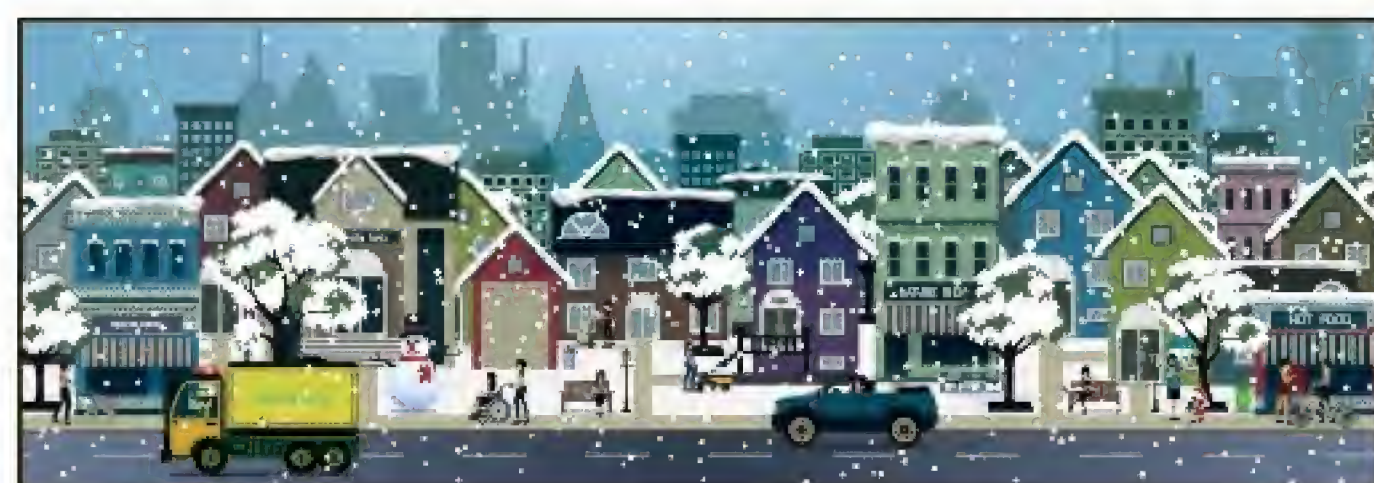
"Sweetie is the sweetest burger ever sold at McDonald's," read the press release.

Social media users from across the world rejoiced over the fast food chain's newest menu addition. But many were disappointed it's not yet offered outside of Italy. But others were not so

pleased with the new burger.

The Nutella burger is not the first specialty item McDonald's has offered over the years. To name only a few, in the past they have also made McKee Burgers in the Philippines, Mclobsters in Canada, McFalafels in Israel, and, in Japan, Squid Ink Burgers.

TORSTAR NEWS SERVICE



HOW TO: CREATE LIVABLE WINTER CITIES

Glenbow Museum, Calgary - Thu & Fri, November 24 & 25

Explore contemporary planning approaches to the creation of livable winter cities. An outdoor Winter Cities site tour is part of the experience. This two-day course (EXLUP 4109) is offered by the Applied Land Use Planning Certificate Program and is open to everyone interested. For more information:



UNIVERSITY OF ALBERTA
FACULTY OF EXTENSION

780.492.6914 | alup@ualberta.ca | @ALUPUofA
www.ualberta.ca/extension

WHISTLEBLOWER

Manning applies for commuted sentence

Chelsea Manning, who is more than six years into a 35-year sentence for leaking classified government and military documents to WikiLeaks, is asking U.S. President Barack Obama to commute her sentence to time served.

In a commutation application released by her attorneys, the transgender soldier said there was no historical precedent for such an extreme sentence for the leak of secret documents.

Manning was arrested in 2010 and convicted in 2013 in military court of six Espionage Act violations and 14 other offences for leaking more than 700,000 secret military and State Department documents, plus some battlefield video to

WikiLeaks. At that point she was known as Bradley Manning.

She is in custody at the military prison at Fort Leavenworth, Kansas.

Manning, who was an intelligence analyst in Iraq, acknowledged leaking the documents but said it was intended to raise public awareness about the impact of war on innocent civilians.

She later filed a transgender prisoner rights lawsuit and has tried to commit suicide multiple times citing her treatment behind bars.

"I am living through a cycle of anxiety, anger, hopelessness, loss and depression," she wrote in her application, dated Nov. 8. "I cannot focus. I cannot sleep."

THE ASSOCIATED PRESS

+ IN BRIEF

Assange questioned about Sweden sex assault

Prosecutors were finally able to question WikiLeaks founder Julian Assange Monday about a possible sex crime in Sweden six years ago.

They did not comment on the closed-door proceedings at the Ecuadorian Embassy in London where Assange has lived for more than four years to avoid extradition to Sweden and possibly to the United States.

The long-delayed interview is expected to continue Tuesday and possibly extend beyond that. Assange's version of events, and a possible DNA sample, will shape Swedish prosecutors' decision on whether to charge him.

THE ASSOCIATED PRESS

REFLECTION

Never far from Fidel

When Metro graphics editor **Andres Plana** found a picture of his grandmother cheering Fidel Castro in a 1959 issue of Life, he uncovered a part of his family's history and gained new perspective on the world and the power of photography. As Justin Trudeau embarks on a historic trip to Havana, Andres reflects on the regime that altered the course his life.



Andres Plana
Metro | Toronto

Recently, I was in a WhatsApp group chat with members of my rather large extended family. Hailing from Latin America, we've dispersed around the world looking for better lives. Some have gone as far as China and Dubai. We maintain this chat as the best way to stay in touch.

On this particular day, out of nowhere, my brother posted an image with Fidel Castro shaking hands with a crowd in Havana. Not knowing what it meant, I disregarded it until my girlfriend told me my grandmother and aunt could be seen in the crowd.

Shaken, I immediately called my grandmother, Maria Amparo Cabrera de Plana (everyone calls her "Chiche"), in Miami. "Oh yeah, the photo with Fidel," she said, as matter-of-factly as could be. She sounded almost purposefully unimpressed.

I was suddenly obsessed with finding a physical copy of the photo, which my family told me had been published in Life Magazine. I searched public libraries, I contacted the archives at Time Inc. and I scoured Amazon and eBay, where eventually I found two copies of the Jan. 19, 1959, edition, dedicated to the man whose charisma helped drive the Cuban revolution to victory.

I had the magazine, but it still wasn't enough. My grandmother had been present — physically present — at a moment that changed the world. I had to talk to her in person.

I bought a ticket to Miami and soon found myself blasted by AC while sit-



A scan of the original Life magazine spread documenting Castro's parade in Havana

Chiche Cabrera's face among the jubilation

ting in my aunt's dining room. My father, my sister and I wide-eyed and rapt, my beautiful grandmother dressed up because she knew she was getting her photo taken — all of us flipping through that issue of Life, page by page, travelling back in time.

It was 1959. The revolution led by Fidel Castro, his brother Raul and Ernesto "Che" Guevara had just taken down the dictator, Batista. It was a time of celebration. Castro didn't have to hide during those early parades, my grandmother said. (A curious remark, it seemed to me.) "He had his route planned," she told me, in Spanish. "He wanted there to be lots of people on the streets with him."

The euphoria of that day didn't last, of course. The imprisonments, the executions, the fear — they came quickly.

Within six months, my grandparents, along with my dad and his two siblings, had fled to Mexico. Ten years later, they moved to Venezuela — where I was

born — to follow the oil industry. Cut to 1998: Venezuela elects Hugo Chavez, who cultivates a close alliance with Cuba. Once again, the story of my family became entangled with Castro.

Over time the situation in Venezuela deteriorated. Eventually we decided, again, that we needed to leave. This is how I came to Canada.

Today, Justin Trudeau travels to Cuba, and for a third time the public legacy of the old revolutionary-

turned-dictator intersects with my family. I hope this time it's for the best.

I don't want to hate Fidel Castro. After all, in a weird way, he made me what I am.

Still, I know that I'll always have someone to blame for the sadness I feel when I wave goodbye to my family at the airport, hoping to see them again soon.



Chiche Cabrera, the author's grandmother, looks at the Life magazine spread in Miami earlier this year. ANDRES PLANA/METRO

Extreme-averse Albertans need to make centrism great again



Darren Krause
Metro | Calgary

It's lonely in the middle right now. Or just quiet.

Only for the time being, I hope.

It's time to muzzle talks to unite the right and to stifle the agenda-driven politics of the far left.

Alberta, it's seriously time we coalesced at the centre.

Us middleers are generally a group of modest, hard-working Albertans who believe in social progress and appropriate fiscal management. At the same time. One need not trump the other. (Pun intended.)

I believe the vast majority of Albertans fit in the centre. Some lean left of centre, some to the right — but you can draw a fairly tight circle around us on the political spectrum.

That's why I found it so disturbing last week that one of the candidates for the PC leadership, Donna Kennedy-Glans, said she was withdrawing from the campaign.

"Right now, politics in Alberta is polarizing and there is limited opportunity for centrist voices to be heard," read a statement Nov. 8 from the Kennedy-Glans camp, upon her ceasing campaign operations.

No room for us middle-folk. Well, isn't that heartening?

Others are, in fact, seeing that centrists need a place to talk.

The fledgling Alberta Party is holding a weekend retreat Nov. 18-20 in Calgary, invit-

ing all centrists to come together.

No one wants the polarizing Alberta politics we've endured over the past 18 months to continue. We've already seen what it does to the politically charged, with the Sandra Jansen bullying debacle ultimately forcing her withdrawal from the PC leadership race.

The aftermath of the Clinton-Trump U.S. presidential election demonstrates how quickly this could devolve into nothing more than a gutter war, laying waste to common Albertans, merely the collateral damage in an ever-clashing, extremist theatre of political combat.

That means most of us will suffer in one form or another.

Politics has dangerously become a game for the fringes, one in which only those with the loudest, angriest, most condescending voices can play. And those who openly defy the fringes — be it on the left or right, federal, provincial or municipal — are swarmed by each side's rabid minions (often on social media) and bullied into submission, or, worse yet, silence.

That's why it's time for majority of Albertans to step up and refuse to let the fringes dictate the province we're going to have. They can be part of the conversation, but they shouldn't own it.

And if, as Donna Kennedy-Glans said, there appears to be no room for a centre voice in this province's politics, one that represents the vast majority of Albertans, then it's high time we make some.

metro
Your essential daily news

CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod

VICE PRESIDENT & EDITOR
Cathrin Bradbury

EXECUTIVE VICE PRESIDENT, REGIONAL SALES
Steve Shroot

MANAGING EDITOR CALGARY
Darren Krause

ADVERTISER INQUIRIES
adinfo@calgary.metronews.ca
General phone 403-444-0136

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

SUCH TRUTH AS OPPOSETH NO MAN'S PROFIT NOR PLEASURE IS TO ALL MEN WELCOME

HOBBS

Philosopher cat now at
www.mymetrostore.ca



Judge orders Brendan Dassey, one of the subjects featured on Netflix's *Making a Murderer* documentary, released from prison.

DON'T GO VIRAL YOUR GUIDE TO 21ST CENTURY STIS

Many of us think sexually transmitted infections only happen to other people. But outbreaks are popping up around the country, and infection rates, even of practically forgotten diseases like syphilis, are increasing in nearly every age group. Right now no one is quite sure why. It might have to do with unprotected oral sex, or increasing IV drug use. Even hookup apps like Tinder and Grindr have taken some of the blame (though no studies have yet shown they're any more likely to result in STIs than meeting people the old fashioned way). We all know using condoms and getting tested regularly are the best defence, but **here's what else you need to know.**

GENNA BUCK/METRO



CHLAMYDIA

What is it? A bacterial STI that can cause itching, discharge and burning during urination in both sexes. Women sometimes have bleeding between periods or after sex, but often have no symptoms at all. In the long term, it can cause pelvic inflammatory disease in women and infertility in both sexes. It may infect the eyes, mouth and rectum as well.

What's new?

Chlamydia has been rising in Canada since the 1990s. It increased by 72 per cent from 2001 to 2010 alone.

GONORRHEA

What is it? A bacterial STI with very similar symptoms and long-term consequences as chlamydia, though it's much less common. Only a lab test can tell for sure. Unlike chlamydia, gonorrhea can, rarely, cause a serious disease with high fever and swollen joints.

What's new? Gonorrhea increased by 40 per cent from 2003 to 2012. Some cities, like Toronto, have seen a jump since 2015.

What can be done? Condoms and testing are the best defences against chlamydia and gonorrhea. Treatment is antibiotics. For gonorrhea, which is resistant to all but a few, you might need several different drugs.

HIV

What is it? Human immunodeficiency virus (HIV) is a blood-borne virus that attacks the immune system, leaving you vulnerable to infections. You can get it through sex (anal, vaginal or oral), or blood, such as by sharing needles, or (historically) receiving a blood transfusion. It can also pass from mother to child. Drugs called antiretrovirals can prevent HIV from developing into life-threatening Acquired Immunodeficiency Syndrome (AIDS).

What's new? There's good news and bad news. Thanks to modern medicine, HIV-positive people are living long, healthy lives with little to no chance of infecting others. On the other hand, there have recently been new outbreaks of HIV reported in places like Saskatchewan, the B.C. interior and London, Ont.

What can you do?

Use condoms and (obviously) don't share needles. People at high risk can also consider pre-exposure prophylaxis (PrEP), a daily pill that can prevent HIV from taking hold in the body even if you're exposed.

SYPHILIS

What is it? Syphilis is a bacterial infection that can progress into a devastating disease if left untreated. It's spread by sex as well as from mother to child. In adults, syphilis usually starts with a firm, painless, often-overlooked sore called a chancre on the genitals. Second-stage symptoms are fever, malaise, headache and a spotty red rash. The infection can then hibernate in the body for up to 15 years before reappearing in any number of nightmarish forms. As a progressive, severe neurological and psychiatric condition, as heart disease, or as large, tumour-like lumps all over the body.

What's new? Toronto has seen a scary spike in syphilis over the past year, mostly in gay men. Public health officials think unprotected oral sex may be to blame.

What can you do?

Use condoms! Thanks to antibiotics, syphilis is now curable. It has a nasty habit of showing up in people who have HIV, and it's one reason it's important to have safe sex even if you're HIV positive and only have sex with other HIV-positive people. That's true for many STIs: One type often leads to another, because sores or irritated skin give germs an easier path into the body.

HPV

What is it? Human Papilloma Viruses (HPV) are sexually transmitted viruses that cause genital warts and can lead to heck, neck, mouth, throat, cervical and penile cancers.

What's new? There's been a steep rise in mouth and throat cancers in Canadian men (56 per cent between 1992 and 2012). Smoking and drinking are definitely culprits. But emerging research shows HPV is a much more important risk factor than previously thought.

What can you do? HPV is crazy common, and because it infects many parts of the body, condoms only provide partial protection. For women, getting a pap test every three years (or more often if you're high risk) can catch HPV-related changes early, when they're more treatable. Vaccinations are available for boys, girls and adults (coverage varies by province) against the nastiest strains of HPV. They've been shown to dramatically reduce cervical cancers caused by the virus.

HERPES

What is it? Genital herpes is a common infection caused by the same virus as cold sores. In some people, it appears as an outbreak of blisters around the genitals, rectum or mouth. They burst and leave painful sores that take weeks to heal. Others have few or no symptoms. Herpes is lifelong, but outbreaks usually become less severe and frequent as years pass. You can pass herpes on whether or not you're having symptoms.

What's new?

Several therapeutic vaccines (for people who already have herpes) are in the works. A 12-month clinical trial published last month found a 65 per cent reduction in outbreaks among people who had the vaccine. And there's hope for a preventative vaccine in the future.

What can be done?

Condoms lower the risk of passing on herpes, but don't eliminate it. Antiviral medications can help clear up an outbreak and reduce your chance of infecting someone else.

WHAT TO SAY?

Asking a new partner about STIs, or telling them you have one, is just the worst. But it has to be done, says Jenelle Marie Pierce, founder of The STD Project.

On her site she cautions against the question "Are you clean?" because absolutely anybody who has sex can get an STI. Having the bad luck to contract one doesn't make you dirty.

Deciding how and when to tell a partner you have an STI is even trickier: It's not the most important thing about you, so disclosing on a first date seems like a bit much. But if you wait until you've gotten close, the news can come as a shock.

Pierce has only one rule about when to disclose: **You have to have the conversation before you have sex — any kind of sex.** Other than that, it's up to you.

Her advice:

- Talk in person, and in private. No texts!
- Be honest and positive about yourself and your STI.
- Share the facts in a no-nonsense way and answer questions.
- Then leave, and give them some time to digest the facts on their own.
- Lastly, (this is easier said than done) do your best not to take their reaction personally.

NORTHLAND KIA

UNWRAP A DEAL AND SAVE UP TO AN ADDITIONAL **\$1,500** HOLIDAY BONUS ON MOST NEW KIA MODELS.

0% FINANCING FOR 84 MONTHS OR **0% FINANCING FOR 60 MONTHS** AND **\$1,500**

Don't get burned by the recent charcoal hype

ACTIVATED CHARCOAL THE REALITY

• Charcoal is porous, so it absorbs whatever is around it — good, bad, or otherwise, says Julia Carroll of Compass Dermatology. "So when you transition it into the beauty world, it can absorb oils, dirt, and water as well," she says.

• If you're drinking a charcoal-infused juice, it could be extracting all the healthy nutrients from the drink, adds Clare Wiseman, who is with Dalla Lana School of Public Health.



Lauren Pelley, pictured, didn't see or feel any difference in her skin after using an activated charcoal face mask. Experts she talked to on the subject also debunked some claims the beauty industry has made about the benefits of charcoal. CONTRIBUTED/TORSTAR NEWS SERVICE

COSMETICS

Experts say it isn't helping our teeth, skin and hangovers

Lauren Pelley
Torstar News Service

According to bloggers and women's magazines, the beauty benefits of activated charcoal are numerous. You can use charcoal face masks to unplug your pores, charcoal toothpaste to whiten your smile, and drink charcoal-infused juices to "detox" your gut.

Last year Allure called activated charcoal "the beauty ingredient of the moment. And on Gwyneth Paltrow's blog Goop, a Hollywood juicery's charcoal lemonade made her best juice cleanses round-up. It is called "delicious, despite the suspiciousness of drinking montmorillonite clay and activated charcoal." You'll also find the black stuff in everything from face creams to ingestible capsules. But does it live up to all the hype?

After testing out a charcoal face mask for myself — a \$35 offering from Clinique that made my skin feel temporarily extra tight and oil-free — I went to the experts.

Clare Wiseman, an assistant professor with both the Dalla Lana School of Public Health and with the University of Toronto's School of the Environment, explains activated charcoal is created by burning material — ranging from petroleum-based products to coal, wood, or coconut shells — to create a char that is treated through high heat and an activating agent, enabling it to absorb more contaminants.

It's used in air filtration systems and given to patients during accidental poisonings. That second usage in emergency rooms is where a lot of the "lore" comes from with charcoal, says Dr. Julia Carroll, founder and director of Toronto-based Compass Dermatology and a lecturer at the University of Toronto.

"It's porous, so it absorbs whatever is around it — good, bad, or otherwise — so when you transition it into the beauty world, it can absorb oils, dirt, and water as well," Carroll says. Charcoal is safe when used topically, but could irritate sensitive skin, she adds.

What about using it internally? Charcoal-infused drinks and pills are trendy, but Carroll questions their efficacy.

"People say it helps hangovers and toxins, but there's no evidence for that," she says. And charcoal's spongelike quality also means good nutrients could be absorbed alongside

the stuff people want to get rid of. "It doesn't discern between good and bad," Carroll explains.

In other words, if you're drinking a charcoal-infused juice, the charcoal could be extracting all the healthy nutrients from the drink. "It potentially defeats the purpose," says Wiseman. "It could potentially absorb all the good stuff as well, and your body would be wasting those nutrients."

Another popular charcoal usage — teeth whitening — also raised eyebrows among the experts.

Despite claims that charcoal can bind to plaque, there's no evidence it really works, says Wiseman.

"I can't see any advantage of using (activated charcoal) as a toothpaste substitute," says Toronto dentist Dr. Jeff Shnall. Regular toothpaste is quite effective at stain removal, and gentler on dental work than abrasive activated charcoal powder, he adds.

While charcoal can scrub superficial stains off teeth, Shnall says the grains could find their way into the crevices and teeth and dental work, which could be tricky to remove. At best, he says, the charcoal would only remove surface stains, limiting its whitening ability because it doesn't penetrate teeth like professional whitening products. From a price perspective, charcoal-

“People say it helps hangovers and toxins but there is no evidence of that.”

Dr. Julia Carroll, founder and director of Compass Dermatology and a lecturer at the University of Toronto.

based products are often on par with other beauty buys. (There are various charcoal toothpastes and face scrubs online for less than \$10, for instance.)

But with a lack of evidence supporting its use, charcoal doesn't live up to the beauty blogger buzz — but if brushing your teeth with it or lathering on a black face mask is your jam, it probably won't hurt you, either.

"It's not something that's in my regular routine to recommend," Carroll says. "If someone's using a charcoal-based product and they're happy with it, I won't stop them."

In my case, using a charcoal face mask on my always-sensitive skin didn't seem to have any long-lasting effects. My T-zone was oily within a few hours, my pores didn't seem to shrink, and I actually spotted a couple new breakouts. Sigh.

I'll stick to my drugstore soap.

ONLY AT VARSITY CHRYSLER

\$2 MILLION DOLLAR **PRICE DROP**

RAM 1500 CREW CAB 4X4
STK 261524



\$92 PER WEEK WAS \$48,640

PRICE DROP \$32,998

TAKE THE DISCOUNT \$15,642 OR TAKE THE CASH

RAM 1500 QUAD CAB SXT 4X4
STK 568083



LEASE SPECIAL

0% \$319 PER MONTH!

Varsity
CHRYSLER DODGE JEEP RAM

403-730-4000

665 GODDARD AVENUE NE

2016 RAM PAYMENTS BASED AT 3.49% OVER 96 MONTHS. 2017 RAM LEASE PAYMENTS BASED AT 0% OVER 24 MONTHS. RESIDUAL OF \$25474.40. EX. RAM 1500 RC COST OF BORROWING OF \$3264.20 AND TOTAL OBLIGATION OF \$20730.84. FIRST AND LAST PAYMENT AND TAXES DUE AT SIGNING ON THE LEASE. ALL REBATES AND ALL BONUS CASH TO DEALER ON ALL RAMS. ALL PAYMENTS INCLUDE FEES. GST EXTRA. SEE DEALER FOR DETAILS.

VarsityCHRYSLER.COM



0% FINANCING FOR UP TO 84 MONTHS OR 0% LEASING FOR UP TO 60 MONTHS AND \$1,500

UNWRAP A DEAL AND SAVE UP TO AN ADDITIONAL

HOLIDAY BONUS ON MOST NEW KIA MODELS.

LIST PRICE \$38,918
SAVE!
\$5,500
NOW!
\$33,418
OR PAY ONLY
\$103/WK
\$0 DOWN @ 2.79% 84 MONTHS

2016 KIA SORENTO EX

K56213



2016 KIA SOUL LX

K16161



LIST PRICE \$23,218
SAVE \$3,500
NOW!
\$19,718
OR PAY ONLY
\$62/WK
\$0 DOWN @ 2.79% 84 MONTHS OR LEASE
\$57/WK
\$0 DOWN @ 0.9% 60 MONTHS

LIST PRICE \$17,653
SAVE \$2,300
NOW!
\$15,353
OR PAY ONLY
\$48/WK
\$0 DOWN @ 2.79% 84 MONTHS OR LEASE
\$57/WK
\$0 DOWN @ 0.9% 60 MONTHS

2017 KIA RIO LX

K17022



2017 KIA SPORTAGE LX

K55813



LIST PRICE \$28,233
SAVE!
\$2,300
NOW!
\$25,933
OR PAY ONLY
\$78/WK
\$0 DOWN @ 1.9% 84 MONTHS OR LEASE
\$75/WK
\$0 DOWN @ 0% 36 MONTHS

LIST PRICE \$25,528
SAVE!
\$5,700
NOW!
\$19,898
OR PAY ONLY
\$62/WK
\$0 DOWN @ 2.79% 84 MONTHS

2016 KIA FORTE EX

K16072



2016 KIA RIO EX

K16145 • SUNROOF



LIST PRICE \$22,638
SAVE \$4,500
NOW!
\$18,138
OR PAY ONLY
\$57/WK
\$0 DOWN @ 2.79% 84 MONTHS OR LEASE
\$68/WK
\$0 DOWN @ 0% 60 MONTHS

LIST PRICE \$31,533
SAVE \$3,500
NOW!
\$28,033
OR PAY ONLY
\$87/WK
\$0 DOWN @ 2.79% 84 MONTHS OR LEASE
\$105/WK
\$0 DOWN @ 2.9% 48 MONTHS

2017 KIA SEDONA L

K17015



2017 KIA SORENTO LX

K57102



LIST PRICE \$31,033
SAVE!
\$4,500
NOW!
\$26,533
OR PAY ONLY
\$82/WK
\$0 DOWN @ 2.79% 84 MONTHS OR LEASE
\$90/WK
\$0 DOWN @ 0% 36 MONTHS

OR PAY ONLY
\$65/WK
\$0 DOWN @ 2.79% 84 MONTHS OR LEASE
\$66/WK
\$0 DOWN @ 5.99% 48 MONTHS

LIST PRICE \$26,638
SAVE!
\$6,000
NOW!
\$20,638

2016 KIA OPTIMA LX

K16145



PICK A GIFT!

from the Northland Tree
Win TV's, Tablets
Gift Certificates
or Vacations!
with new
vehicle purchase

2017 KIA FORTE LX

K17033



LIST PRICE \$18,553
SAVE!
\$2,500
NOW!
\$16,053

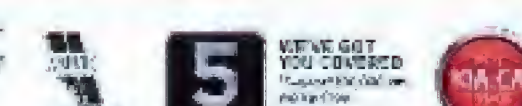
OR PAY ONLY
\$47/WK
\$0 DOWN @ 0.9% 84 MONTHS OR LEASE
\$49/WK
\$0 DOWN @ 0% 48 MONTHS

NORTHLAND KIA

GIVING YOU THE BEST IN EVERY WAY

5100 SHAGANAPPI TRAIL NW • CALL: (403) 247-2411 • www.NORTHLANDKIA.ca

PLEASE READ: ALL OFFERS DMC. ALL RATES TO DETERMINE SAVINGS REFLECT MAXIMUM AMOUNT BY VEHICLE LINE. ORIGINAL LIST PRICES INCLUDES \$1498 FOR BLACK HEATER, WHEEL LOCKS, OIL CHANGE PROGRAM, TIRE AND RIM COVERAGE AND ETCHING. ALL OFFERS INCLUDE FREIGHT, PDI AND FEES AND EXCLUDE GST. WEEKLY PAYMENTS BASED ON 84 MONTH TERMS @ 2.79% COST OF BORROWING-\$2,100 (2016 FORT EX) BASED TERMS, RATES AND DOWNPAYMENTS AS LISTED PLUS 16,000 KM/YR MILEAGE LIMIT. \$0.16/KM FOR EXCESS MILEAGE. PRIOR SALES NOT ELIGIBLE. OFFERS END 11/30/16. VEHICLES SHOWN MAY NOT BE EXACTLY AS SHOWN. INVENTORY ACCURATE AT TIME OF PUBLICATION. SEE DEALER FOR FULL DETAILS.



KIA
The Power to Surprise

JUSTICE FILM FEST

MARDA LOOP

**NOVEMBER
15 - 20
2016**

6 DAYS - 4 VENUES - 25 FILMS

WITH SPECIAL GUESTS

11TH ANNUAL FESTIVAL

FREE ADMISSION

Good Films Do Good.
@justicefilm

CHECK SCHEDULE AT:
www.justicefilmfestival.ca
facebook.com/justicefilmfestival

WATCH TRAILERS ON:
youtube.com/user/JusticeFestivalFilm

LEARNING CURVE

The perils of post-secondary plagiarism

As due dates loom and post-secondary priorities pile up around you, cutting corners may seem the only way to keep afloat academically this semester. But whether it's a notion recalled accidentally from a scholarly text or words deliberately lifted from the web, instances of plagiarism can wreak havoc on a student's academic path.

"Plagiarism, in any context, is using words, ideas, concepts, intellectual or the creative work of other people without giving those people recognition," says Fiona Green, chair of the senate academic standards and misconduct committee at the University of Winnipeg. "And it doesn't matter if one forgot to reference them; it is still



STOCK

plagiarism. Intent is not the issue, the act is."

With consequences from a knocked down grade all the way to expulsion, Green recommends avoiding plagiarism at all costs by taking precautionary steps every time a project is completed.

"Have someone else read the paper and have a discussion about it," advises Green as a start. "Can the student explain the ideas and argu-

ments in the paper at the same level as what is written? If not, they are likely those of someone else and need to be referenced."

She adds that students should always make a sweep of the internet, where many fall prey to inadvertent parroting. "Do a search online for groups of words or sentences from the paper," says Green. "If they show up online, they are not original thoughts and need to be referenced."

Catherine Bolton, vice-provost of teaching and learning at Concordia University reminds that the issue of plagiarism can often rear its ugly head before the project has even begun.

"Many of these slips relate to time management," says Bolton. "Rushing at the end so that the student doesn't take the time to do that all important final read through."

"Obviously, one good way to avoid these types of problems is to give yourself enough time to complete the assignment," says Bolton, adding that being overtired can also cause students to miss vital details.

In the process of completing the assignment, Bolton further recommends that students change fonts and font colours for direct quotations and for paraphrases, so that they can see each one easily when they are doing their final edits. And when push comes to shove, a good break from a paper might be the key to avoiding the pitfalls of this all-too-common error.

"Put your work aside for an hour or two and then go back to it," says Bolton. "Mistakes can jump out at you when you read it with a fresh mind."

-LIZ BEDDALL

THE GIFT OF LEARNING IN AN ALL GIRLS' ENVIRONMENT

The Calgary Girls' School can give your daughters the gift of learning in an all girl's environment and give them the voice and confidence they need to succeed in life.

CGS serves all girls in the Calgary area Grades 4 to 9 and is an innovative public charter school that focuses on personal best in achievement, leadership, collaboration and citizenship.

"We are proud of our academic program which strives to meet the needs of all learners, our outstanding fine arts opportunities and our athletic success," says Judi Hadden, principal, Calgary Girls' School.

"CGS girls become increasingly independent in their learning and are adept at using technology to further their learning through inquiry as well as keep themselves safe."

At CGS, students will have opportunities to learn about and engage with successful women in society provide girls with positive images of women and role models.

"Parents are valued partners in the education of their daughters and choose CGS with and for their daughters because it is aligned with their values and aspirations," says Hadden.

"CGS families represent the diversity of



CONTRIBUTED

Calgary."

It is not too late to register your girl in CGS for the 2016/2017 school year, as registration for CGS is always open and students are accepted at anytime.

CGS is a public charter school accessible to all girls (grades 4 to 9) with no tuition fees, but the same school fees like any other public school.

For more information about Calgary Girls' School, visit calgarygirlsschool.com.

WE HELP CHANGE PEOPLE'S LIVES!
COLUMBIA OFFERS SMALLER CLASS SIZES WITH MORE INDIVIDUALIZED SUPPORT.

We are driven to deliver a higher quality of education, in a shorter period of time, save students money, and help them to find a better job.
We are caring, respectful, and focused on each learner's employment success.

PROGRAMS OFFERED:

- Practical Nurse
- Health Care Aide
- Dental Assistant
- Dental Administration
- Administrative Assistant
- Accounting Assistant
- Education Assistant
- Human Services
- Justice & Public Safety
- Legal Assistant
- Sales & Service
- Trades
- Transportation & Warehouse
- Bookkeeping
- Child Care Assistant
- English as a Second Language (ESL)
- Language Instruction for Newcomers to Canada (LINC)

- ✓ Starting salary up to \$30/hr
- ✓ Upgrading courses are available
- ✓ Employment support services after graduation

COURSES OFFERED:

- Security: Alberta Basic Security Training, Verbal Judo, Professional Investigator, Pressure Point Control Tactics
- Resume Writing & Development Course
- Medical: Wound Care (Practical Nurses), CPNRE Preparation, and Medication Administration (HCAs)
- Dental Assistant Continuing Education
- Professional Skills Development
- ESL Evening Courses
- Upgrading

COLUMBIA
COLLEGE
CALGARY

www.columbia.ab.ca/m

Call now: 403.235.9300

or Walk-in hours are:

Monday - Thursday (8:30 am - 5:00 pm);

Friday (8:30 am - 4:30 pm);

Saturday (8:00 am - 1:00 pm)

802 Manning Road NE, Calgary A8



Canada

Quality education that works for you & employers.

Pursue your passion with a career change

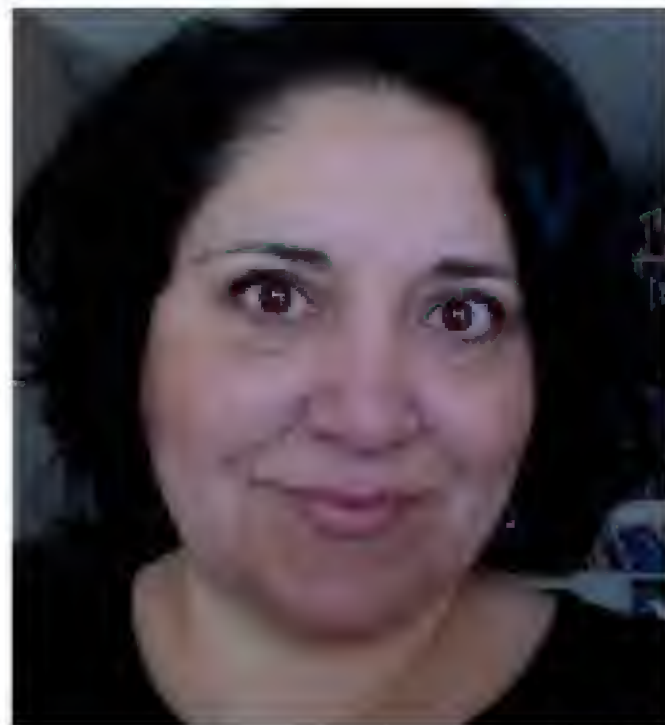
Academy of Learning Career College graduate Susana Chalut was looking for a change in career when she decided to enroll in Academy of Learning Career College.

After spending eight years as a retail manager, she felt it was time to pursue her passion of social work through the community service worker diploma program.

"I have always been interested in social work and as an immigrant myself this field gives me the opportunity to help so many people and in so many ways," says Chalut, community service worker graduate, Academy of Learning.

Originally from Chile, Chalut has been in Canada for over 17 years, and is excited by the new opportunities this program has provided to her.

She successfully completed the 43-week program on Aug. 1 of this year and is already employed as an employment coordinator for power of work program at Goodwill Industries



CONTRIBUTED

of Alberta.

"This program helps individuals with disabilities to gain meaningful jobs or volunteer positions in Edmonton and surrounding areas," says Chalut.

"I am very happy to be helping them to feel included in Canadian society."

For Chalut, she credits her success in the program to the length of the program, convenience of the campus locations, flexible hours and the delivery of the program.

For more information about the community service worker program at Academy of Learning, visit academyoflearning.ab.ca.

BECOME A BOOKKEEPING WHIZ AND YOU CAN EARN MORE MONEY

Up-to-date skills and knowledge are essential to finding a great, well-paying job. But you're not born with them. You can earn them from a reputable education program.

If you always loved crunching numbers but never thought you could get a job doing it, a career as a payroll administrator may be for you.

Many people have gone through the training to become skilled as accounting and payroll administrators in just a few months. Among the necessary qualifications, knowledge of and proficiency in general office and accounting software are a must.

This includes the ability to use Microsoft Outlook, Word, Excel, Access, and PowerPoint, as well as specialized accounting software like Sage 50. Learning how to use these tools is empowering, and will help you gain access to jobs in many fields.

Work as a financial administration professional is fulfilling and will compensate you for your experience and good judgment.

It's well paid too. According to the Gov-



CONTRIBUTED

ernment of Canada, an accounting clerk in Alberta can make a median wage of \$21.63 per hour, according to jobbank.gc.ca.

You can start on the path to a career in this exciting field by enrolling in a great education program. The Accounting and Payroll Administration diploma program at CDI College can help you develop up-to-date skills and practical experience to find a career in the field.

For more information, visit CDI College online at study.cdicollege.ca, or call 1-800-360-7186.

You do more when you attend St. Mary's University. You grow with us!

Offering degrees in:

- Biology
- Psychology
- Business Transfer
- English
- History
- General Studies
- Liberal Studies
- Education (Elementary)

Apply
Today

Celebrating
30 Years
1986-2016

ST MARY'S
UNIVERSITY

Learn more: stmu.ca 403.531.9130 info@stmu.ca



CONTRIBUTED

Increase your employability

Increase your versatility, value and employability in any industry by building your project management tools, techniques and knowledge.

The project management certificate at Chiu School of Business at Bow Valley College incorporates the global standards and principles from the Project Management Institute.

"Project management skills are consistently in demand by various organizations as they recognize that project managers provide surety and control of initiatives for better outcomes," says Natascha Doiron, program coordinator, Chiu School of Business.

Throughout the program, students will learn the stages of managing a project through initiation, planning, execution, monitoring and controlling a project with hands-on experience through case study analysis.

"Individuals with these specialized skills help ensure a company's objectives are met on time and budget; increasingly important in today's economy," says Doiron.

"Through our certificates, learners get the credentials and recognition they need to further their professional careers."

This certificate is ideal for career-minded individuals in a wide range of industries who are seeking to build their skills, leadership and knowledge in project management.

Learners completing this certificate typically include managers, coordinators, schedulers, entrepreneurs and others who want to master the project management skills that organizations value.

This certificate is also designed for those in volunteer positions as these roles routinely require individuals with project management skills.

Many of the courses required for this certificate are starting in January and are available online or in-class.

For more information about the project management certificate, visit coned.bowvalleycollege.ca/certificates.



Don't give up your daydream

Remember what you wanted to be when you grew up?

Dawn does. Now, as an education assistant, she's teaching others to live their dreams too.

What's next for you?

mru.ca/conted



Prepare for a teaching job at uLethbridge

A mature student, married with six children, Will Lowry returned to uLethbridge for his second degree and to become a teacher.

With a bachelor of science, majoring in mathematics already in this journeyman carpenter's tool box, Lowry says he found his calling when it came to training new carpenters.

"I went to school because I wanted to combine my math and carpentry background and show kids career and technology studies (CTS) is a valid stream of education," says Lowry.

Shortly after completing his degree requirements, Lowry accepted his first teaching position at Coalhurst High School teaching math and science.

Drawing on the trades, he uses his own blueprints to teach math students practical, everyday concepts.

For example, an assignment for students to renovate their bedrooms requires calculating square, lineal and cubic footage, as well as



CONTRIBUTED

volumes of paint, flooring and other materials.

"When kids see how something is used every day they're less reluctant to learn it," he says.

Looking back at his time at uLethbridge, Lowry says his PSIII placement helped him the most in preparing to become a teacher.

"In PSIII, I set up and ran my own classroom. I don't think I would be successful in my current placement without the extra experience PSIII gave me," he says.

For more information about the University of Lethbridge, visit uleth.ca.

FIND AN EXCITING NEW CAREER IN HEALTH CARE ADMINISTRATION

Do you have the special combination of traits it takes to become a medical administration professional?

To do the job well, you'll need to use several strengths in unison — organizational skills, people skills and an interest in medicine and clinical practices.

Basic medical knowledge and clinical practices are essential to the job, but don't worry — if you don't have them now, you can learn them through a reputable education program.

Areas you'll come to know about as a medical office administration professional include basic medical terminology. You'll learn to describe and discuss medical circumstances and situations so that you can communicate clearly with the physicians you support. The basic procedures and tests done in a medical office will become another strength you can offer.

On the organizational side, you'll need to be proficient at using software to support the office and its patients. This includes Microsoft Word, Excel and Outlook. You'll also develop specialized skills in medical transcription, medical record-




CONTRIBUTED

keeping and billing.

If you're looking to change jobs, becoming a medical office administration professional is a great option with a good salary range. A medical secretary in Alberta can earn a median wage of \$26.10 per hour, according to jobbank.gc.ca and the Government of Canada.

To learn more about the Medical Office Administration program at Reeves College, call 1-800-670-4512 or visit studymoa.reevescollege.ca.



this is Ambrose
...our Faculty of Arts & Science, School of Ministry and Seminary form one vibrant community

Visiting us is the best way to get a feel for what we're all about. We offer tours, open houses, preview days, and student-for-a-day experiences; you'll see first-hand what it's like here and meet your future classmates. If you'd like a chance to check out our facilities, talk to our enrolment team, and meet professors in the programs you're interested in, visit and book a tour today!

ambrose.edu 1-800-461-1222

WHERE ARE YOU GOING TO COLLEGE THIS FALL?

Discover your opportunities at Academy of Learning Career College

CAREER PROGRAMS IN:

- Healthcare
- Business
- Accounting
- Technology
- Legal
- Hospitality Management
- Insurance
- Marketing
- Web Design
- and more!

BE JOB READY IN 6 TO 12 MONTHS

Academy OF LEARNING CAREER COLLEGE

CALGARY NE (403) 569-8973
CALGARY SOUTH (403) 252-8973
RED DEER (403) 347-6676

www.academyoflearning.ab.ca

TRAIN FOR THE EXPANDING PET CARE INDUSTRY

Jobs and opportunities in the pet care area are currently expanding, as animals become more 'part of the family'.

Reception and assistant staff are always needed to keep a veterinary clinic running smoothly.

Through the veterinary office and technical assistant program at Robertson College, individuals can train to enter this rewarding field.

"This program has been designed for any hard-working student interested in working with both animals and their owners," says Dr. Jeni Liggett, lead instructor veterinarian, Robertson College, Winnipeg Campus.

This program teaches both receptionists and technician assistants, to work either in the front directly with clients or assisting the technician and/or veterinarian.

The program covers many aspects of animal and nursing care, restraint, nutrition, various medical issues and treatment options, vaccines, surgical preparation, parasitology, pharmacology, office work, communication, and more.

It is focused on dogs and cats, with a small amount of exotics and large animals mixed in.

"Course curriculum is kept updated with new procedures, research findings, current news events and/or concerns relevant to the industry," says Liggett.

"Students are also kept updated with clinics that are looking for either practicum students or employees during their studies or after completion."

Once the classwork is completed, students must complete a four-week practicum to show proficiency in the practical applications of their training.

Once students complete the program, successful graduates may go on to pursue careers as receptionists and technician assistants in a veterinary setting.

"There are always clinics hiring," says Liggett.

Boarding kennels, day cares, rescue workers, grooming facilities or industry jobs (pet foods, drug companies, veterinary supply companies, etc.) are some of the many other options available after completion.

To ensure Robertson College is offering students the most-up-to-date skills and information, two of the veterinary instructors continue to work in clinics to keep up their skills and stay current in industry standards.

"We also have contacts in related industries to keep us informed of other opportunities or changes within the field. In addition, career services has contact with various veterinary clinics to help with practicum placement and job opportunities," says Liggett.

The next start date for this program is Nov. 28.

The classes run for six months (8 a.m. to 1 p.m.), with a one-month practicum at the end.

Classes are staggered so that only a few students are eligible for practicum and looking for jobs at one time.

Funding options are available for this program.

For more information about the veterinary office and technical assistant program at Robertson College, visit robertsoncollege.com.



CONTRIBUTED



ISTOCK

ALBERTA BUSINESS & EDUCATIONAL SERVICES

NEW Season NEW Career



ABES.CA

HEALTH CARE AIDE

- GOVERNMENT OF ALBERTA HEALTH CARE AIDE
- RED CROSS [FIRST AID, CPR, AUTOMATED EXTERNAL DEFIBRILLATOR]
- SUPPORTIVE PATHWAYS, FOOT CARE, DIABETES, MEDICATION ADMINISTRATION, FOOD SAFE, WHIMIS, PALLIATIVE CARE
- BEST FRIENDS ALZHEIMER'S SOCIETY CERTIFICATE
- NON VIOLENT CRISIS INTERVENTION
- MONEY MANAGEMENT

15

CERTIFICATE PROGRAM

PLUS 3 CLINICAL PLACEMENTS [HOSPITAL PLACEMENTS AVAILABLE]



CHANGE YOUR LIFE IN JUST 5 MONTHS | EVENING AND WEEKEND PROGRAMS AVAILABLE

Helping people transform their lives through education

CALL TODAY 1.877.300.6280

ABES.ca

Program to address youth unemployment

With many millennials lacking work experience, and today's competitive job market, it makes it increasingly more difficult for them to get jobs in the areas that they've studied.

Career focus — a program offered through Columbia College — was created to address youth unemployment rates, specifically focusing on the increasing number of post-secondary graduate students who are underemployed and relying on survival jobs.

"Career Focus is working to help develop young professionals, to ensure a strong future workforce," says Aly Pringle, employment specialist/job coach, employment training, Columbia College.

This program is designed to help individuals aged 15 to 30 secure employment in their long term career goals and/or help post-graduate students gain employment in their studied field.

"Many employers are looking for individuals with a minimum of five years' experience — it can be tough for graduates to 'get their foot in the door'," says Pringle.



CONTRIBUTED

Career focus will work one on one with these individuals to help them secure a meaningful, paid work experience (up to six months) that may translate into full time employment.

Prior to employment, Columbia will work with the participants on their skill gaps (resumé and cover letters, interview skills, job search skills, networking etc.).

"The incentive for employers is that the participants wage will be partially funded, for a defined period of time, helping to lighten financial hardship - the result is a win-win," says Pringle.

Intake for this program is ongoing. For more information, visit columbia.ab.ca.

MAKE THEATRE YOUR LIFE'S WORK

Not for the faint of heart, the theatre program at Ambrose University is intended for those live, breathe and sleep theatre and intend on making it their life's work.

"This program is unique in Canada - our instructors are working theatre professionals who bring relevant, hands-on experiences to the classroom and stage," says Val Lieske, associate director of theatre, Ambrose University.

"Through intense training, they help students develop the rigour that is required to create good stories along with the personal fortitude needed to sustain a life in the arts."

This program is a two year commencement into the art and industry of theatre, preparing students to be professional actors, directors and storytellers, as well as providing a strong foundation for a variety of roles in theatre management.

"It is a unique combination of conservatory training and discipleship, challenging students to incorporate personal faith into art," says Lieske.

"From acting, to stage combat, to movement and voice, the diploma in acting aims to create artists of excellent with a foundation of faith."



CONTRIBUTED

Throughout the program, Ambrose's instructors introduce students to the Calgary theatre community through collaboration, production, and internships.

In fact, all of the theatres instructors are currently working in the Calgary theatre community and therefore can better help students prepare for their careers after their training.

The theatre program is a two-year diploma, with the option to take an acting minor or technical theatre minor.

For more information about the theatre program, visit ambrose.edu/arts-science-programs/diploma-acting/faculty.

Connections to the Workplace

Connecting young professionals to employers.

For basic eligibility requirements and registration, please visit mycareerconnection.ca/youth

Contact us at:

careerfocus@bowvalleycollege.ca
or 587-390-6280

BOW VALLEY
COLLEGE



CALGARY GIRLS' SCHOOL

Give your daughter the
CGS Experience!

Accepting Applications
for 2017-2018

The girls and young women of CGS are agents of change who develop confidence and a strong sense of self in a safe, collaborative, inquiry-based learning environment.



Please refer to calgarygirlsschool.com

under "Explore, About CGS, Admission" for detailed information on our admission process.



ISTOCK

Why take on the role of tutor?

While in the process of kicking butt in a particular class, your prof has suggested you might just make an excellent coach to those struggling to keep up. But do you have time to be this benevolent? What would be the pay-back for you, a student trying to tackle your own curriculum and commitments?

"I often point out the self-interest aspect of tutoring to motivate students to apply," says Steven Ruhinda, coordinator at Centennial College's counselling centre. "I have recommended students for tutoring gigs mainly to encourage them to gain more mastery in the subject they are excelling in."

Quite often, adds Ruhinda, this mentor-mentee relationship helps to bolster the tutor's confidence in the classroom, as their skills in a certain area are acknowledged.

"Tutors get an opportunity to practice their craft with different learners, which enables them to examine their subject at various vantage points. As a result, they gain more insights and knowledge to their discipline."

Ruhinda adds that being a tutor can be an invaluable tool to help a student plug into the wider college or university community.

"They meet other students and tutoring staff they would not have had a chance to interact with," he says. "In many ways tutoring opens the door to many personal

networks."

Colleen Dalton, associate director of learning skills services at Western University, adds that tutoring can further help a student develop important social traits such as compassion and empathy.

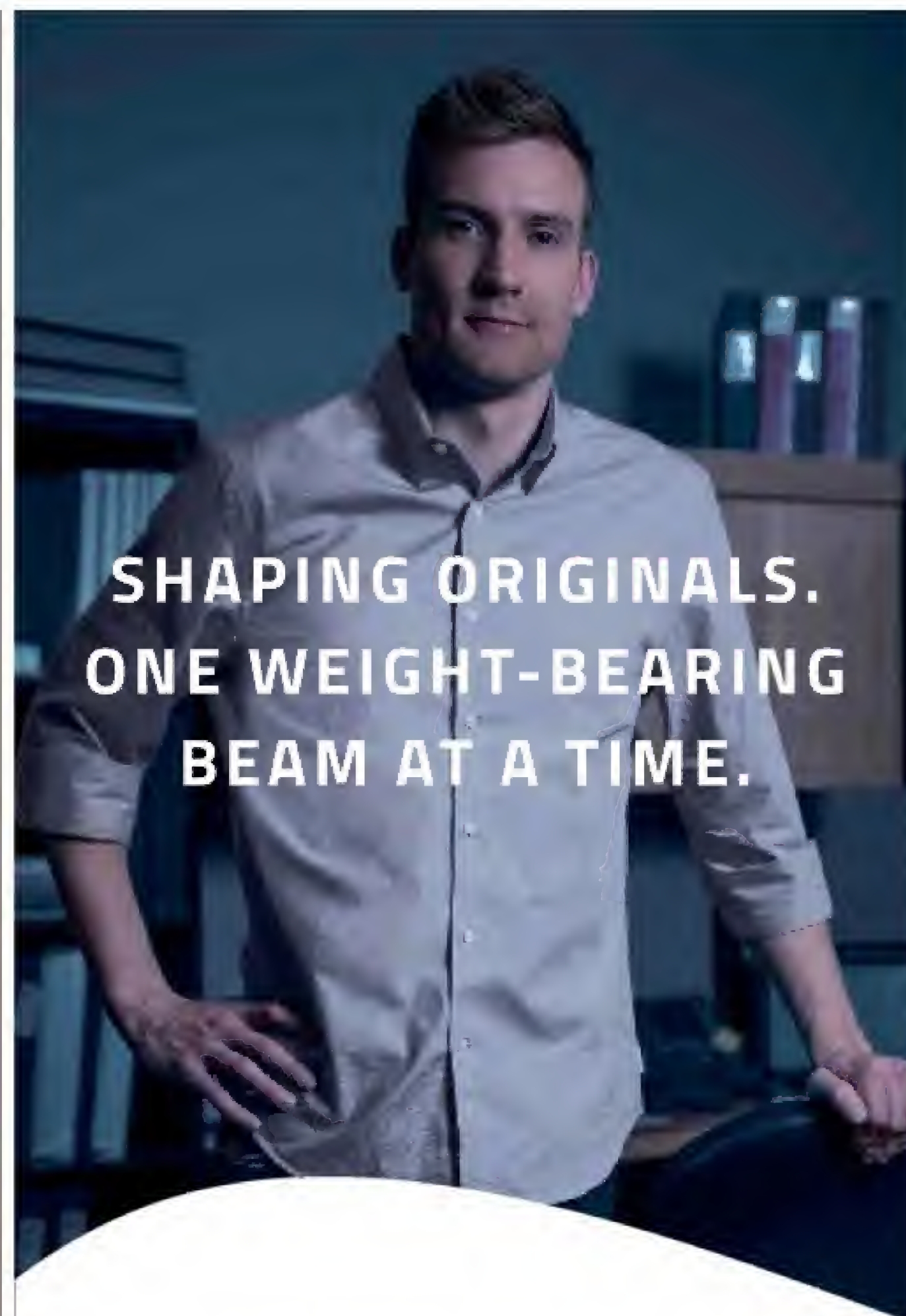
"Sometimes a student who is really high achieving will have a hard time understanding why others might be struggling, until they sit down with a fellow student, one-on-one," Dalton says.

"In the working world, a new employee will encounter so many different kinds of people each with their own strengths and weaknesses," she adds. "Having been a tutor, that student will be prepared for this, and might be quicker to acknowledge the strong points of others."

And when thrust into the rat race post-graduation, Dalton adds that tutoring experience can give way to a plethora of positive skills including time management, the ability to communicate ideas clearly and even the know-how of handling negotiations if the tutoring position is a paid one.

"For me as somebody who does hiring, seeing that people have done something that required them to be self starting, or that they showed initiative... that's important."

— LIZ BEDDALL



SHAPING ORIGINALS.
ONE WEIGHT-BEARING
BEAM AT A TIME.

Whether you're looking to advance your career or develop new skills, SAIT Continuing Education can help you grow. Through business, technologies, or any of our other industry-driven options, you'll gain the edge you need to make your mark.

READY TO BECOME AN INDUSTRY ORIGINAL? VISIT [SAIT.ca](https://www.sait.ca)





ISTOCK



ISTOCK

I NEED:

On-the-job training

Explore Your Options at Robertson College.
Morning, Afternoon, Evening, Weekend & Online

403.920.0070 | robertsoncollege.com

**ROBERTSON
COLLEGE**

Printing or typing: what's best for studying success

We're told from a young age that the pen is mightier than the sword. But if this inky warrior were to face the modern keyboard in a battle of the brain, which writing tool would prove the most successful ally for the studying student?

"Based on research and studies, printing or handwriting wins the race for studying and information retention," says Jo Krisko, manager of Lakehead University's student success centre. "When you take notes by hand, you write down the important points, which requires you to process the content before writing. The formation of the letters to create words and thoughts proves to be beneficial."

Dr. Hetty Roessingh, professor of English education at the University of Calgary and researcher on the topic of language by hand, agrees.

"When I was a kid in the '80s and the language movement came into play, handwriting was seen as passive, boring, a mechanism for kids," says Roessingh. "With technology and moving into learning and literacies, the importance of printing was marginalized. Just because of a lack of insight as to how important it really is."

Roessingh goes on to explain the different pathways proven to be paved within the brain, when pen is put to paper.

"When you touch a 'd' or a 'b' on your keyboard, it doesn't leave a differentiated imprint, or a piece of memory in the neurocircuitry," says Roessingh, speaking specifically to the act of studying. "Yet if you draw an 'a' or 'b' your whole body is involved in that movement, creating traces in the brain."

Jo Krisko is sure to point out however, that although some research favours hand-writing, when it comes to taking notes, there is no wrong or right way of hitting the books.

"It truly is up to the student in terms of what works best for them," says Krisko. "Illegible writing, missing words or incomplete thoughts due to frantically trying to capture every word the professor are of course downsides that come with writing by hand."

Krisko advises that whichever method the student choose to go with when studying, they attempt to engage with the words in ways that go beyond copying down the content.

"If the student is more visual, then using colour, high-lighting, images, symbols along with the text may help to retain the information," says Krisko. "If a student is more tactile in their learning, then they may need to write information out several times, create mini-tests or use objects to supplement their written notes."

Helping people during the most difficult time

With all the years of training Cheri Pearce has in all the variety of areas, they all combined together to make the funeral services education program at Mount Royal University, the next natural career step for her.

As a current hair stylist, make up artist, clinical cosmetologist, paramedical aesthetician, reconstructionist, Pearce understands what it is like to work with people and looks forward to taking on the task of helping people out during one of their most difficult times.

"I have always had a passion for reconstruction and neutralizing in traumas," says Cheri Pearce, business owner and current student of the MRU funeral service program.

"My many years of training in different areas, has guided me to pursue funeral services for what I feel will complete my spectrum of training."

By the end of next year, Pearce will have completed the funeral service dual licence and then plans to continue her education further



CONTRIBUTED

to pursue her last certification, that will be in surgical reconstruction.

When she decided to pursue an education in funeral education, MRU was the obvious choice for her because of the flexible schedule and

course content (mostly delivered online).

"MRU has an incredible reputation for providing current education by industry instructors to prepare you to work in the field," says Pearce.

"The ultimate goal for me is to be able to

continue working in this amazing industry, and to be able to make a difference to the families I work for." For more information about the funeral service education programs at MRU, visit mru.ca/funeral.

TAKING ON COMPLEX SOCIAL, ENVIRONMENTAL AND CULTURAL CHALLENGES



CONTRIBUTED

Meeting urgent and complex challenges such as climate change, food security, and urbanization requires new knowledge, skills, and approaches.

Social innovation is about finding ways to introduce lasting changes at all levels to increase the resilience of vulnerable people and the planet.

"Social innovators — people we like to refer to as changemakers — come from every sector and discipline, and they may or may not identify with the language of social innovation," says Jill Andres, changemaker in residence, Institute for Community Prosperity, Mount Royal University.

"What they do share is a commitment to

taking on complex social, environmental, and/or cultural challenges to create meaningful change."

At Mount Royal University, they have been working with MacEwan University to develop a social innovation certificate program.

"We started by connecting with people from across sectors who are involved in the social innovation space as entrepreneurs, intrapreneurs, funders, and scholars to ask their advice about what is needed in social innovation education in Alberta," says Andres.

The courses themselves are designed to provide a shared foundation for social innovation and then to dive more deeply into systems

change, social impact, and the social lab space.

"Together, as learners, we will explore social innovation frameworks, resources, and tools to further change initiatives that learners are already involved in or are considering," says Andres.

The course will be offered in a blended delivery model, which means that each course will have in-person and online components.

The courses will be offered synchronously in Calgary and in Edmonton, so the program can connect people from the northern and southern parts of the province and offer opportunities for pan-provincial collaboration. For more information, visit mru.ca/socialinnovation.

EARN UP TO \$1,500 IN STUDENT AWARDS

University of
Lethbridge



Apply for admission to uLethbridge by December 15 to be considered for up to \$1,500 in scholarships!

It's your time to Shine

ulethbridge.ca/future-student/ea-awards
Campuses in Lethbridge and Calgary



ST. MARY'S UNIVERSITY ATHLETICS CLIMBING QUICKLY

Being the new kid on the block in any athletic scene takes a bit of an adjustment period.

For St. Mary's University, it took them only three years in the Alberta Colleges Athletic Conference (ACAC) to go from the bottom, to one of the top contenders in the province and even nationally.

St. Mary's officially joined the ACAC in 2012 in the sports of men's and women's basketball.

"Often it takes time to build up sports programs due to you being 'new on the scene' and maybe not having that clout that other institutions have built up through their successes over the past 10, 20 years," says Lindsay English, athletics manager, St. Mary's University.

"It was the same sort of struggle for us, especially with the women's basketball program where the first two seasons they managed one win."

In 2014, St. Mary's brought on a new coach Steve Shoults, who took a chance and started from scratch.

Last season, just his second season as head coach, and the second season as a team, the women's team became a nationally ranked team by the Canadian Collegiate

Athletic Association (CCAA), and finished with a silver medal in the ACAC — earning them a spot in the National Championship tournament.

"The experience of playing at a national championship and taking it all in with a team that had really only played together for two years, it was incredible to just see them out playing the top teams in the country," says English.

As of Nov. 8, the women's basketball team is ranked ninth in the country.

Aside from the basketball program, St. Mary's other teams are holding their own in the ACAC — including the cross country team which saw two members of the men's team place 8th and 10th at Nationals.

This recent success has helped to put St. Mary's as a top choice for many athletes when deciding their post-secondary futures.

"I feel we really want you to succeed here in the classroom and being student-athlete here will give you the opportunity to do that, as well as experience being part of a top caliber program in the ACAC," says English.

For more information about St. Mary's athletics program, visit stmu.ca/athletics.



CONTRIBUTED



Get to where you want to go with a
MEDICAL OFFICE ADMINISTRATION DIPLOMA
from Reeves College.



 **REEVES
COLLEGE**

1.800.533.1457
studyMOA.reevescollege.ca

ASK ABOUT OUR EVENING CLASSES!

CDI
am
a
payroll
officer

EARN A MEDIAN
WAGE OF **\$25.06/HR***

Apply to the Accounting & Payroll Administration
program today and you can earn your diploma in
less than a year!

 **college**
business • technology • healthcare

1.800.360.7186
STUDYAB.CDICOLLEGE.CA

Financial assistance may be available to qualified applicants | *jobbank.gc.ca

West Division final pits teacher against the pupil

CFL PLAYOFFS

Dickenson won two Grey Cups under Lions' Buono

Wally Buono and Dave Dickenson have a long history together as coach and player. Dickenson was a quarterback on Buono's teams for nine seasons with the Calgary Stampeders and then the B.C. Lions.

One will block the other's path to this year's Grey Cup when they go head to head coaching in Sunday's West Division final.

Dickenson, in his first year as head coach of the Stampeders, faces a man who has been a head coach in the CFL for 22 seasons. Of the five Grey Cups that Buono has hoisted, Dickenson was in on two of them — one as a Lion in 2006 and the other as a Stampeder in 1998.

Dickenson's Stampeders (15-2-1) and Buono's Lions (12-6) clash Sunday at McMahon Stadium for the right to play in the Grey Cup in Toronto on Nov. 27.

"Wally, he runs a tight

ship and the players know what to expect," Dickenson said Monday. "A lot of the strategy of the game-time stuff is done by his assistant coaches. I'm sure he has input. It's not that different than what I do. I've got a little bit more input on the offence and I think he has more input on the defence."

"Wally loves the game. He's been at it a long time. The game's been good to him. He'll tell you that. I thought he did a great job this year. I know he's given me some recognition in the media and I have to give it back."

The Lions, one of just two teams to beat Calgary this season, topped the Stampeders 20-18 in their season opener June 25. The Stampeders lost their regular-season finale 17-8 to the Montreal Alouettes.

Calgary edged B.C. 44-41 with an overtime field goal July 29 and beat the Lions decisively 37-9 on Aug. 19 in Vancouver.

The Lions are coming off a 32-31 win over the Winnipeg Blue Bombers in the division semifinal Sunday.

Lions quarterback Jonathan Jennings



Lions receiver Emmanuel Arceneaux is tackled by Stampeders Brandon Smith, left, and Joe Burnett on July 29. The Stamps won the game 44-41 in overtime. JEFF MCINTOSH/THE CANADIAN PRESS

scored a spectacular rushing touchdown with a minute and a half to play. Bombers kicker Justin Medlock missed a 61-yard field goal attempt to win the game at B.C. Place.

Calgary concluded its regular season with a bye, which puts

three weeks between that loss to the AIs and the division final. While flurries are in the forecast for Calgary this week, Sunday's outlook is mostly sunny with a high of two degrees for the afternoon kickoff.

Dickenson is OK with their extended break after watching the Lions and Bombers hammer away at each other Sunday.

"I think our guys would rather have that rest," Dickenson

said. "To tell you the truth, not playing against such a quality opponent in the West semifinal — either team could have won or lost that game — so I think any team who had the bye is going to take it."

"We know we've got to be ready. Try to get after them early so they don't ride the momentum they just got from winning the game."

THE CANADIAN PRESS

IN BRIEF

Ratings spike for NFL's Sunday night matchup

The first Sunday night after the election produced the highest NFL ratings since Week 2, with an average of 22.51 million viewers tuning in for Seattle's 31-24 victory over New England.

NFL ratings have been on the decline this year. One theory has been the election and programs such as debates stole the attention of would-be football viewers.

THE ASSOCIATED PRESS

Moyses busts down door to World Rugby Hall of Fame

Heather Moyses, whose achievements include three sports and Olympic gold, takes another remarkable step on her career path this week.

The 38-year-old enters the World Rugby Hall of Fame on Thursday and becomes just the second Canadian player to be so honoured, joining Gareth Rees.

NHL plans meetings regarding 2018 Olympics

The NHL hopes to inch closer to a decision on the 2018 Olympics later this week.

League officials will meet with the International Ice Hockey Federation in New York on Wednesday.

The league hopes to learn if the International Olympic Committee has budged at all with respect to money issues currently clouding the process.

THE CANADIAN PRESS



GETTY IMAGES FILE



Mentally, there's no reason we shouldn't be at our best.

Dave Dickenson

ALL NEW

2016 CHEVROLET CRUZE LT AIR & AUTO

FEATURES: KEYLESS ACCESS, REMOTE START, KEYLESS START, 8-WAY POWER SEAT, HEATED SEATS, ALUMINUM WHEELS, REAR VISION CAMERA & MUCH MORE!!!

MSRP: \$24,140

CASH PRICE
\$19,995

OR FINANCE FOR
\$131/BW
@.99% FOR 84 MO



BLACK FRIDAY EVENT

20% OF MSRP CASH CREDIT ON ALL ELIGIBLE VEHICLES

ON NOW UNTIL NOVEMBER 30

Southgate
CHEVROLET BUICK GMC

403-538-0644

13103 Lake Fraser Drive SE
SOUTHGATECHEVROLET.COM

PRICE AND PAYMENT INCLUDE ALL ADMINISTRATION FEES AND TAXES EXCLUDING GST. PAYMENTS ARE 162 BI-WEEKLY. FINANCE PAYMENTS INCLUDE \$500.00 SCOTIA BANK CARD BONUS. COST OF CREDIT \$208.71. VEHICLE NOT EXACTLY AS ILLUSTRATED OFFER ENDS 11/30/2016. SUBJECT TO ERRORS OR EMISSIONS.

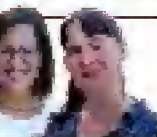


RECIPE Roasted Dijon Chicken



PHOTO: MAYA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada



If you add the roasted flavor with the sweet and spicy mustard sauce you get double the deliciousness in this simple one-pot supper.

Ready in

Prep time: 20 minutes
Cook time: Xx
Serves 4

Ingredients

- 6 skinless, boneless chicken thighs
- Salt and pepper
- 1 tsp oil
- 1 minced shallot
- 2 cloves garlic, minced
- 1 Tbsp Dijon mustard
- 1/4 cup apple cider
- 1/4 cup low-sodium chicken broth

Directions

1. Preheat oven to 425 F. Generously season chicken with salt and pepper.

2. Add oil to a large oven-safe skillet over medium heat. Add chicken and cook for 10 minutes (the meat will not be cooked through).

3. Transfer the skillet to the oven. Roast until chicken is cooked through, about 6-8 minutes.

4. Transfer chicken pieces to a platter. Return skillet to medium heat and add shallots and garlic; cook for about 1 minute. Whisk in Dijon mustard, apple cider, broth and a bit more salt and pepper; cook for about 3 minutes. Return chicken to skillet along with juices that have settled on the platter to rewarm. Serve with your favourite sides.

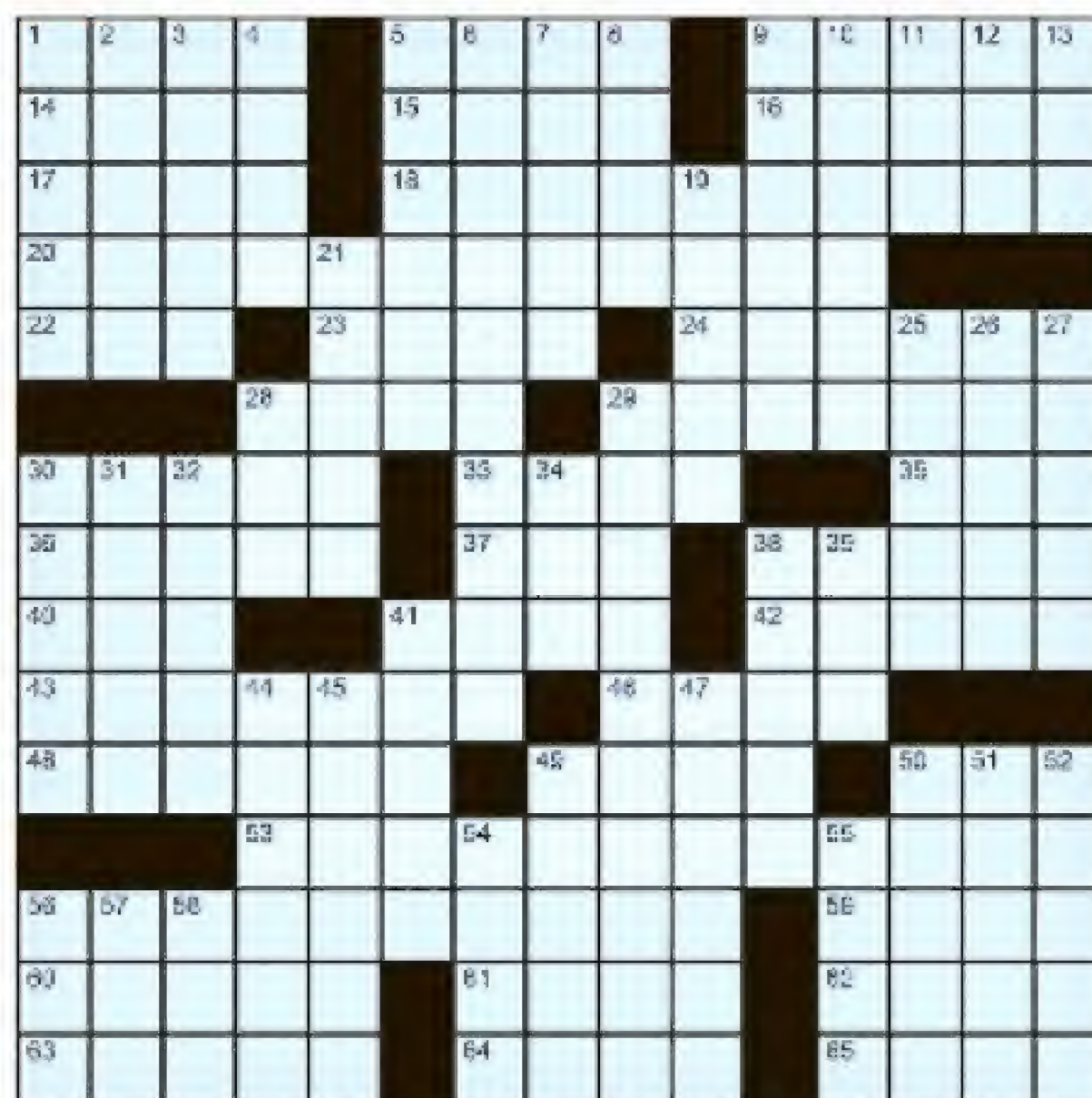
FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. __ decision
5. Best-liked, fun-style
9. "___ Frutti" by Little Richard
14. Parlour scoop holder
15. "That's reeeally going to happen.": 2 wds.
16. Workers' group
17. One who must pay
18. Eyewitnesses
20. Toronto-born actor (whose famous actor cousin is Raymond) who starred on the 1990s reboot of TV classic "Lassie" as Dr. Donald Stewart: 2 wds.
22. Certain caustic
23. Eyeglasses parts
24. From Madonna's "La Isla Bonita": "When it's time for __, you can watch them go by..."
28. __ and for all
29. Message transmitters
30. Rigoletto opera composer
33. Diplomacy
35. Putrefaction
36. Give off, as confidence
37. River inlet
38. ATM-user's motion with the card, maybe
40. Total
41. __ pickles
42. Not-leaving prisoner
43. Nutrition related
46. Radiate
48. Overseas
49. Barge __ (intrude)



50. Even if, briefly
53. Carriage-pulling horses for The Royals of Britain: 2 wds.
56. Leftover flavour
59. Italian harp
60. Scottish estate proprietor
61. Car's fill-up
62. Long journey

63. Old West prop
64. Della Reese's role on "Touched by an Angel"
65. Hall & Oates' "___ Smile"

DOWN

1. Fiercely frown
2. "Never.": 2 wds.

3. Anoint, olde-style
4. Chipper
5. Material
6. Not balanced, as per patterns or arrangements
7. Travel endorsements
8. Immature newts
9. Listen to the

- radio: 2 wds.
10. Like naturally-hued hair
11. Bond
12. Maple Leafs city, wee-ly
13. Ruler measurements, e.g.
19. Strong point
21. Mr. Coombs of

- "Mr. Dressup"
25. Font flourish
26. Figure of speech
27. Michaelmas daisy
28. Not even, as numbers
29. Do, Re and Mi and more: 2 wds.
30. Roman goddess of the hearth
31. Outlying residential area
32. Hearsay, States-style
34. Feel flu-ish
38. Biblical weapon
39. Drollness
41. Billy Joel hit: "We ___ Start the Fire"
44. Strengths
45. The Rachel, in the 1990s, for one
47. Gourmet mushrooms
49. Debated topic
50. The earth
51. Overly active
52. City of canals in Japan
54. Electro music's ___ Punk
55. City rodents
56. Completely
57. Air travel overseer [acronym]
58. Poetic contraction

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a great day for study and intellectual discussions. It's also an excellent day to pursue opportunities in publishing, the media, medicine and the law.

Taurus April 21 - May 21
Travel for pleasure appeals. Investigate how the wealth and resources of others can help you get what you want.

Gemini May 22 - June 21
This is a positive day for you, because fiery Mars is energizing your ruler, Mercury. Naturally, conversations with partners and close friends will be lively!

Cancer June 22 - July 23
You will take a hands-on approach to your job today because you are full of bright ideas that you want to implement. It's a good day to talk to co-workers.

Leo July 24 - Aug. 23
You are a creative sign, and today is a creative day for you! Act on your artistic urges. Enjoy playful activities with younger people.

Virgo Aug. 24 - Sept. 23
You have lots of energy for family discussions and practical projects like home improvements. This is a good day to tackle home repairs and plan how to better secure where you live.

Libra Sept. 24 - Oct. 23
Today you are talkative, lively, energetic and interested in everything around you. This is a great day to meet new faces and see new places, because you are up for anything!

Scorpio Oct. 24 - Nov. 22
Trust your moneymaking ideas today, because you have lots of mental energy to think about earnings and cash flow. You also will be persuasive in financial discussions.

Sagittarius Nov. 23 - Dec. 21
Today Mercury is in your sign, dancing with fiery Mars. This makes you intellectually sharp, curious and verbally adroit. You can sell snow to the Eskimos!

Capricorn Dec. 22 - Jan. 20
This is a wonderful day for research of any kind, because not only are you mentally keen, you have lots of energy to seek out solutions to old problems and to find hidden answers.

Aquarius Jan. 21 - Feb. 19
Conversations with friends and groups will be successful today, because you know what you want to say and you won't hesitate to say it. People want to join your team!

Pisces Feb. 20 - March 20
This is a good day to talk to bosses, parents and VIPs about what you want, because people will listen to you today.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	5		9	4	6		2	
4	3					5		7
				7			4	
8			6					2
3		4				6		1
9				4				5
	1			6				
5		6					8	3
	4		5	2	3		1	

THE HANDY POCKET VERSION!

Get the news as it happens



metro

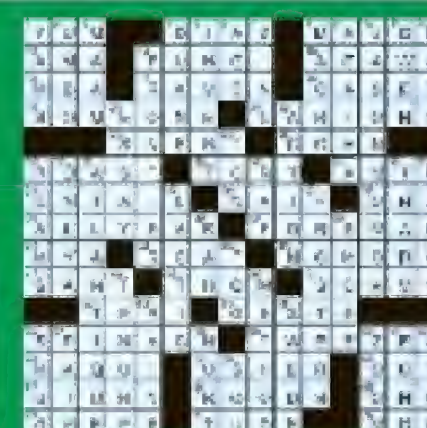


Download the Metro News App today at
metronews.ca/mobile

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to
metronews.ca/games



3	7	4	1	5	8	9	6	2
2	8	6	7	3	9	4	5	1
9	5	1	4	2	6	7	8	3
8	4	2	9	1	5	6	3	7
5	3	9	6	4	7	1	2	8
6	1	7	2	8	3	5	9	4
7	2	5	3	9	1	8	4	6
4	6	8	5	7	2	3	1	9
1	9	3	8	6	4	2	7	5

FINAL CLEARANCE!



RA521052

TOYOTA RAV4 LE AWD



\$26,688

LEASE FOR

\$49 WEEK

40 MONTH LEASE • PLUS GST



CO580819

TOYOTA COROLLA LE UPGRADE



\$20,799

LEASE FOR

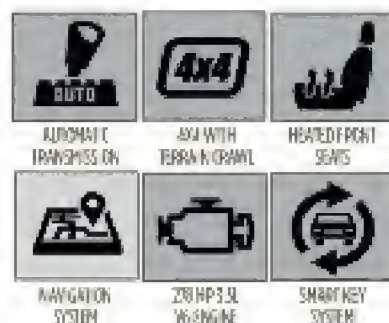
\$30 WEEK

40 MONTH LEASE • PLUS GST



TA003263

TOYOTA TACOMA SPORT 4X4



\$39,995

LEASE FOR

\$79 WEEK

40 MONTH LEASE • PLUS GST



EARN UP TO **5,250** AEROPLAN POINTS

SAVE UP TO! \$10,000

IN CASH AND REBATES!

RATES FROM! 0% DON'T PAY! 90 DAYS!

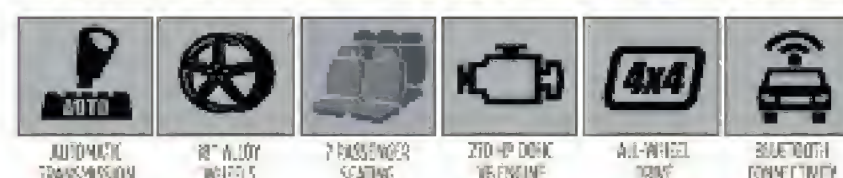
FINANCE OR LEASE!

DAYS!



HI251652

TOYOTA HIGHLANDER LE AWD



\$34,995

LEASE FOR

\$76 WEEK

40 MONTH LEASE • PLUS GST

CANYON CREEK 25
SILVER ANNIVERSARY **TOYOTA**



ON THE CORNER OF MACLEOD TRAIL S. AND CANYON MEADOWS DRIVE

sales@CANYONCREEKTOYOTA.com • (403) 278-6066



PLEASE READ: ALL MODELS ARE NEW 2016 VEHICLES. ALL OFFERS OAC. ALL REBATES TO DEALER. ALL OFFERS INCLUDE FEES AND TAXES. GST EXCLUDED. WEEKLY LEASE PAYMENTS BASED ON 40 MONTH TERMS @ 0% (RAV4/COROLLA), 2.99% (HIGHLANDER/TACOMA) AND DRIVING LIMIT OF 14,400 KM/YR. AND DOWNPAYMENTS OF \$3,888. LEV= \$15,293 (RAV4), \$20,466 (HIGHLANDER), \$11,716 (COROLLA), \$25,398 (TACOMA) EXCESS DRIVING CHARGES OF \$0.16/KM MAY APPLY. PRIOR SALES INELIGIBLE. OFFERS END 11/30/16. CONDITIONS APPLY. CONDITIONS APPLY TO AEROPLAN OFFER. INVENTORY ACCURATE AT TIME OF PUBLICATION. PROGRAMS ARE MUTUALLY EXCLUSIVE AND CANNOT BE COMBINED. SEE DEALER FOR FULL DETAILS.

STAR
SAFETY SYSTEM™



different rocks it better

Raise your Moto Z with
JBL SoundBoost in the air.
Raise it like you just don't care.

motomods.com

different is better

Lenovo

All Moto Mods are sold separately. MOTOROLA, the Stylized M Logo, MOTO and the MOTO family of marks are trademarks of Motorola Trademark Holdings, LLC. LENOVO is a trademark of Lenovo. DROID is a trademark of Lucasfilm Ltd. and its related companies. Used under license. All other trademarks are the property of their respective owners. © 2016 Motorola Mobility LLC